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OTTAWA metro®
Tuesday, December 6, 2011
www.metronews.ca
News worth sharing.

Waiting for a lung transplant

Tests reveal young woman has collapsed lung **Friend sets up website to inform community, encourage donations**

SEAN MCKIBBON
@METRONEWS.CA

People have rallied around a young Ottawa woman who needs a double lung transplant after being stricken by a mysterious illness.

"I'd been in Spain — Barcelona about two weeks," said Hélène Campbell, 20. "I felt a little short of breath out there, but I just thought it was asthma."

She speaks in bursts of bubbly energy, punctuated by short, quiet gasps. Her smile seems visible even on the telephone.

She called her family doctor when she got back this July; got some tests done, along with a chest X-ray. She got a call days later telling her to go to a hospital. The X-ray had revealed her lungs had collapsed.

Doctors settled on "idiopathic pulmonary fibrosis" after repeated tests.

Her lungs have probably been inflamed for about six years, and are hardened as a result, doctors said.

Similar cases had been seen among the elderly, even someone in their 30s. Never in someone so young. They don't know what caused it, so it's "idiopathic."

She needs a transplant, so she has to live no more than two hours away from the Toronto hospital, where the surgery happens.

She has to wear an oxygen mask, she's not allowed to work or do many simple physical tasks.

"If there's one good thing about this, it's that it's forced me to slow down and appreciate the things that I have. It's given me perspective," she says.

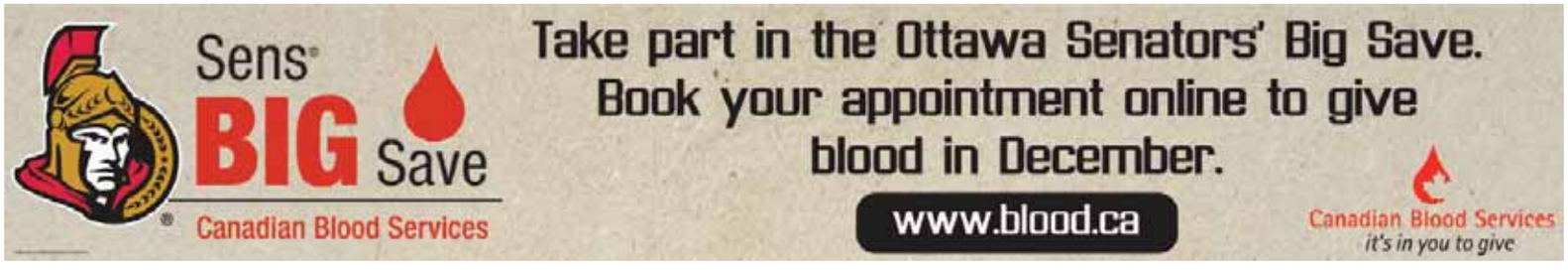
Her mother, Manon Roy Campbell, a registered nurse, will have to take unpaid leave to care for her while she's in Toronto.

A friend set up alungstory.ca to keep friends informed and solicit donations to help the family.

"The other reason for the website is to raise awareness of the importance of organ donation," says Manon. "Without a donor, Hélène won't get a second chance."

JOE LOFARO/METRO

▶ Manon Roy Campbell, left, sits with her daughter, Hélène Campbell, 20, at their home in Barrhaven. Hélène needs a double lung transplant after suffering idiopathic pulmonary fibrosis.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Contentious guide for immigrants useful: Official

JESSICA SMITH
@METRONEWS.CA

A group that helps immigrants settle in Gatineau says the city's controversial new guide for newcomers is useful and should be translated into many languages.

Carmelo Marchese, of Accueil-Parrainage Outaouais, said the document must be understood in its intended context.

"They did that document to help immigrants establish themselves," he said. "If there are some paragraphs that could be interpreted as offensive, it is probably because you take it out of context. That's my view as an immigrant."

Published in October, the guide contains 16 points detailing cultural norms.

It says violence for reasons including "ancestral rights," "safeguarding honour" or "culture or religion," isn't tolerated. It also tells immigrants women have equal rights and that kids can't be physically or sexually abused, forcibly confined, forced to work, neglected, humiliated, refused access to health care or education, or malnourished.

The only wrong-headed part of the guide is the section that warns immigrants about bothering others with strong cooking smells, said Marchese.

Feist. On stage

▶ Canadian songstress Feist plays at the NCC's Southam Hall last night. Fans cheered when Feist told them to stay in their comfortable NCC seats as she entertained the crowd with a music and light show.

JESSICA SMITH/METRO

Feist performs at NCC's Southam Hall last night

Looking for change in Harkat's case after leak

Leaked memo questioned security certificates' viability if torture info inadmissible ◐ Security certificates let government detain without trial

JESSICA SMITH
@METRONEWS.CA

Supporters of an Ottawa man accused of being an al-Qaeda sleeper agent hope a leaked memo about torture will prompt change in his case and the security certificate system.

A Jan. 15, 2008 letter was sent by former CSIS head Jim Judd to the public security minister as the government worked to amend a security-certificate law struck down by the courts, according to the Montreal Gazette, which obtained the letter.

Judd wrote that amending the law to keep courts from using information from countries where there's "reasonable grounds" to believe torture is used would "significantly hinder" the security-certificate program, according to the Gazette. Making information derived from torture inadmissible would "render (the security-certificate program) unsustainable."

But the law was amended. Matthew Webber, lawyer for security-certificate detainee Mohamed Harkat, said he wants to know why that hasn't led to the collapse of any of the security-certificate cases.

"If Judd was saying this to the government back in 2008, one cannot help but conclude that, in at least one, if not more, of the cases, there was reliance on evidence obtained by torture or derivative of torture," he said.

His client Mohamed Harkat was arrested in 2002 in Ottawa and detained on a security certificate. Harkat was released from detention to strict house arrest in 2006. His security certificate alleges he had ties to "the bin Laden network" and that there "are reasonable grounds to believe (he) has engaged or will engage in terrorism," according to court documents.

1 news

A pharmaceutical company says its new sleep drug will keep you dozing but that you might also drive or make phone calls while under the drug's influence. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A dismal week on the markets was followed by a banner week. Allan Small has some theories as to what's behind the volatility. More at metronews.ca/investing

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Artist's Rendering

Baker back in the beer business

Premier McGuinty helps get homeless charity back on the road

JOE LOFARO
@METRONEWS.CA

Kyle Baker said if he were ever to meet Ontario Premier Dalton McGuinty one day he would shake his hand and say, "Thank you."

The 26-year-old lost his job after the Alcohol and Gaming Commission of Ontario shut down Beau's All Natural Brewing Co.'s charitable beer-delivery service on its first day of operations on Nov. 24.

He made 10 home deliveries that day when a complaint from another brewery brought the delivery service — run by Operation Come Home — to a standstill. OCH helps homeless youth get off the streets and find employment.

McGuinty vowed to get the service up and running again, and on Friday Beau's co-founder, Steve Beauchesne, posted a message on his company blog that deliveries were to resume yesterday.

"My voice might not mean much because I'm just a homeless youth and there are so many more just like me, (but) there's only one Dalton McGuinty and his voice can mean so much more than mine," said Baker before starting his shift yesterday. "So that was quite helpful."

Baker was anxious to get going yesterday and had 16 home deliveries to make alongside his social support worker Lynda Franc.

He said he looks forward to working again because the money will help him leave the Ottawa Mission and get his own apartment.

"This just helps me being able to say, 'Yes, I'm employed'," he said. "Most people frown upon somebody on social assistance."

JOE LOFARO/METRO

▶ Kyle Baker was anxious yesterday to start delivering beer to Ottawa homes in a joint initiative between Operation Come Home and Beau's All Natural Brewing Co.

Ottawa beats Toronto in best cities survey — so there!

JESSICA SMITH
@METRONEWS.CA

Ottawa Mayor Jim Watson announced yesterday he is pleased Ottawa is ranked the 14th-best city in the world, according to the Mercer Quality of Living 2011 Survey.

But Toronto Star travel editor Jim Byers beat him to the punch, voicing his opinion of the survey results on his blog last week.

"Come on, people. Ottawa??? OTTAWA????" Byers blogged last Wednesday. "Clean streets? Sure. Easy to get around? Yes. Theatres and cinemas? I guess. But one of the factors here is climate, folks. Climate! Not to mention crime. We know Ottawa is a hot-bed of crime. I mean, why else would Stephen Harper keep building jails surrounded by moats and razor wire and trenches filled with machine guns?"

Toronto came in just after Ottawa, at 15th. Watson said he is delighted the survey "verified what we all know, that Ottawa is one of the best places in the world to live."

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ A cityscape of Ottawa, which was rated the 14th best city in the world, according to the Mercer Quality Living 2011 Survey.

Top city ratings

1. Vienna
2. Zurich
3. Auckland
5. Vancouver
13. Wellington
14. Ottawa
15. Toronto

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SCHALK VAN ZUYDAM/THE CANADIAN ORESS

▶ An activist wears a mask depicting Prime Minister Stephen Harper during a protest in Durban, South Africa, yesterday.

China's offer doesn't sweeten Kyoto deal

Canada still wants single deal to replace Kyoto that includes all countries

Canada won't renew its Kyoto Protocol commitment, despite a tempting climate-change offer from China, Environment Minister Peter Kent said yesterday.

Kent said Canada will not sign on for a second Kyoto phase, even if doing so meant top polluter China would agree to targets to cut its own greenhouse gases.

China has long refused to adopt binding treaty commitments to lower its greenhouse-gas emissions. But this weekend, China's top negotiator signalled Beijing would consider a target if the European Union and developed nations — including Canada — first agreed to extend their Kyoto commitments.

China's olive branch did not sway Kent.

When asked if the offer might get Canada to reconsider signing on for a second phase of Kyoto after it expires next year, the minister simply said no.

He said Canada's "fixation" is on sealing a deal made two years ago at a United Nations climate-change conference in the Danish capital of Copenhagen.

Jean Chretien's Liberal government joined Kyoto in 1998, but took little action to meet Canada's targets to reduce greenhouse-gas emissions.

The Conservatives also ignored Kyoto after they came to power in 2006. Canada has since set its own target of cutting emissions by 17 per cent from 2005 levels by 2020 — the same goal set by the Obama administration in Washington. THE CANADIAN PRESS

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News in brief

Ottawa names park in honour of science

BINDING FORCE. The city named Riverside South's newest park Nimiq Park after the Inuit word used to describe a force that binds things together.

Nimiq is also the name of a fleet of orbiting satellites owned by Telesat Canada, headquartered in Ottawa.

The company gave three schools near the park, at 5058 North Bluff St., a presentation on a $1,000 donation for the purchase of science- and technology-related materials. JESSICA SMITH

Bus service delivers good cheer to needy

FOOD VOUCHERS. OC Transpo delivered more than 87,000 items of food and more than $16,000 in cash and food vouchers to the Ottawa Food Bank yesterday. It was driven to the food bank on the "Santa Bus" marking the end of the 27th annual OC Transpo Food Drive. The donations were collected by employees and volunteers at grocery stores around the city on Saturday. JESSICA SMITH

Ikea traffic to be monitored by police

GRAND OPENING. The City of Ottawa is taking precautionary measures to minimize anticipated traffic delays tomorrow for the opening of Canada's largest IKEA store in the Pinecrest Mall.

Police will be on site to monitor and assist with traffic movement near Greenbank and Pinecrest Roads, as well as Iris and Baxter streets, the city said in a news release yesterday.

Ontario Provincial Police will also monitor Highway 417 ramps at Greenbank and Pinecrest roads.

The opening is scheduled for 8 a.m. No Stopping and Tow Away signs will be installed on both sides of Baxter Road and on Iris Street to ease traffic flow. JOE LOFARO

Ontarians pay highest auto insurance: AG

Auditor general's annual report finds misspending in everything from green energy to the LCBO

Ontario drivers are paying more for auto insurance than other Canadians motorists, in part because the average cost of accident injury claims is five times greater than in other provinces.

Auditor general Jim McCarter says auto-insurance fraud costs the industry about $1.3 billion a year in Ontario, but warns the province does not have significant measures in place to combat fraud.

In his annual report, McCarter also found the Liberal government has restricted the Ontario Energy Board's ability to protect consumers from higher prices because it now has no say over charges that comprise half of a hydro bill.

He also says the Liberals' green-energy policies will add about $220 million a year to the cost of electricity and complains there was no formal economic analysis of the province's $7-billion energy deal with Samsung of Korea.

McCarter takes the Liquor Control Board to task for failing to use its massive buying power to negotiate lower wholesale prices.

And he notes that the province paid family doctors $123 million to enrol nearly two million patients in their practices in 2010, but almost half visited other doctors who billed the health plan again.

McCarter says GPs who switched to alternative funding to take more patients are paid at least 25 per cent more than their fee-for-service counterparts, and there is no evidence people have better access to a doctor.

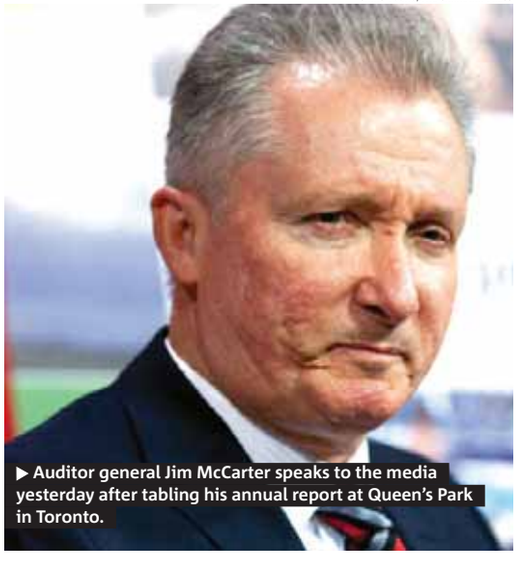
He also says the Ministry of Natural Resources should do more to oversee private forest companies to make sure they successfully replant areas where they have harvested timber.

McCarter says Ontario spends more on legal aid than any other provinces but provides the fewest number of people with dedicated legal representation.

And he found the Ministry of Community and Society Services doesn't know whether 400 local agencies are delivering an appropriate level of service for the nearly half a billion dollars they get in annual funding.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



▶ Auditor general Jim McCarter speaks to the media yesterday after tabling his annual report at Queen's Park in Toronto.

Man charged in pepper spray fracas

An Ottawa man was arrested after a noxious substance was released on an OC Transpo bus. The incident took place at about 7:48 p.m. on Sunday, police said, when a substance, reported to be similar to oleoresin capsicum spray, commonly known as "pepper spray," was dispersed on the bus. There were 15 to 20 people on the vehicle, four of whom displayed symptoms of exposure to the substance. Paramedics tended to the affected people. Keith Laing, 19, is charged with administering a noxious substance and breach of probation. THE CANADIAN PRESS

Roots music Juno noms to play NAC

Juno-nominated roots duo Brenley MacEachern and Lisa MacIsaac of Madison Violet will perform Jan. 14 in the National Arts Centre Studio.

The two have sold out venues across North America and Europe. They have also toured with Stuart McLean's Vinyl Cafe and shared stages Chantal Kreviazuk, Ron Sexsmith and the Indigo Girls. Their most recent album in The Good in Goodbye, released in September.

Tickets are $28 and available at Ticketmaster. For more information, go to the NAC website at nac-cna.ca. JESSICA SMITH

Suspected terrorist decries bail conditions

Spy-agency witness says Egyptian has not renounced extremist beliefs

COLIN PERKEL/THE CANADIAN PRESS

▶ Mohamed Zeki Mahjoub, 51, an Egyptian accused of terrorist involvement, is seen outside Federal Court in Toronto yesterday.

The government's justification for keeping an Egyptian suspected of terrorist involvement under rigid house arrest is based on false information obtained by torture, the man said yesterday.

Speaking outside Federal Court, Mohamed Zeki Mahjoub said his situation has caused him and his family great distress.

"It is very harsh for me and for my family," Mahjoub said.

In court, a witness for Canada's spy agency outlined that Mahjoub should remain under stringent house arrest because he poses a threat to national security.

The agent, who can only be identified as Witness No. 4, drafted an updated threat assessment last month indicating Mahjoub remained potentially dangerous.

The assessment is based on Mahjoub's "background and previous activities," including being an active senior member of an al-Qaida-affiliated terrorist group, the witness said.

"He was not a pawn or follower," said Witness No. 4, who testified from a courtroom in Ottawa.

"He has a certain pedigree. He has a certain deeply held belief system."

Mahjoub, 51, of Toronto, came to Canada in 1995. He was detained in 2000 under a national-security certificate, which allows for indefinite detention of a foreigner without charge or trial.

He spent more than seven years since that in jail, and the rest of the time has been under stringent house arrest that involves wearing a tracking device, keeping a curfew and constant surveillance of his residence.

One expert submission to the court described the release conditions as among "the most invasive in Canadian legal history — prying into every recess" of his life.

The government alleges that Mahjoub recruited others to take part in assassination cells in Egypt, and was involved in the bombing of the Egyptian embassy in Islamabad in 1995.

Ottawa wants to send the married father back to Egypt, but he has staved off deportation by arguing he would be tortured there if sent back.

He has previously argued successfully that some of the information being used against him in Canadian courts was derived from torture.

Witness No. 4 did concede the service has no fresh information to justify its view that Mahjoub remains a threat that can only be mitigated by his detention or conditions of his release.

Because the current situation in Egypt is "dynamic" and "tumultuous," it is "rife with opportunity" for people to resort to violence for political and religious objectives, he said.

Mahjoub is still contesting the reasonableness of the national security certificate itself in a separate hearing.

"The threat assessment itself didn't allege I'm dangerous to Canadian society or any other person," said Mahjoub, who heard the agent testify via a video-linked courtroom monitor in Toronto.

Mahjoub and members of the public could not see the agent.

The hearing is expected to last for several more days.

THE CANADIAN PRESS

Witness recalls cat's screaming

JENNIFER TAPLIN IN HALIFAX

RYAN TAPLIN/METRO HALIFAX

A cat was allegedly beaten to death in Halifax during an alcohol-fuelled rage over the weekend. And it's the sound of a wailing cat that neighbour Andrew Denton still can't get out of his head days later.

Denton and his girlfriend were in his apartment on Saturday night when he said they heard a thumping on the wall.

"It sounded like screaming and we moved in closer (to the wall) and it sounded like a cat," said Denton, who has two cats of his own. A man lives next door and his girlfriend had recently moved in with her cat, Denton said.

"I'll never forget the sound the cat made."
ANDREW DENTON, WITNESS

The superintendent got the man, who appeared drunk, to open his door. Denton said the cat was found under a bag in a bloody closet. RCMP officers arrived and found the dead cat. They arrested a 48-year-old intoxicated man and later released him.

KINGSTON DEATHS

Expert testifies on honour killings

So-called honour killings stem from a loss of male control over women's bodies, and bloodshed is seen as a way to purify dishonour, an expert testified yesterday as the Crown wrapped up its case against a family accused of four such killings.

In some cultures, particularly in the Middle East, honour is valued more than life, Shahrzad Mojab told court.

Mojab was the last witness to testify for the prosecution in the trial of a Montreal couple accused, along with their adult son, of killing their three daughters and the first wife in the family's polygamous marriage.

THE CANADIAN PRESS

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Planet similar to Earth found

- Kepler-22b is about 2.4 times the size of our home
- Space Shuttle would take 22M years to get there

JUSTIN SULLIVAN/GETTY IMAGES

▶ Jill Tarter, director of the Center for SETI Research, looks at a graphic showing the newly discovered planet, Kepler-22b, at the NASA Ames Research Center yesterday in Moffett Field, Calif.

A newly discovered planet is eerily similar to Earth and is sitting outside Earth's solar system in what seems to be the ideal place for life, except for one hitch: It is a bit too big.

The planet is smack in the middle of what astronomers call the Goldilocks zone, that hard-to-find place that is not too hot, not too cold, where water, which is essential for life, does not freeze or boil. And it has a shopping-mall-like surface temperature of near 72 degrees, scientists say.

The planet's confirmation was announced yesterday by NASA along with other discoveries by its Kepler telescope, which was launched on a planet-hunting mission in 2009.

That is the first planet confirmed in the habitable zone for Kepler, which already had found Earth-like rocky planets elsewhere. Twice before astronomers have announced a planet found in that zone, but neither has been as promising. THE ASSOCIATED PRESS

Texas. Snowfall

▶ Jovonica Cortinez, 19, left, and her friend, Angelina Llanez, 30, make a snowman yesterday in Purple Sage Park in Odessa, Texas.

MARK STERKEL/ODESSA AMERICAN/THE ASSOCIATED PRESS

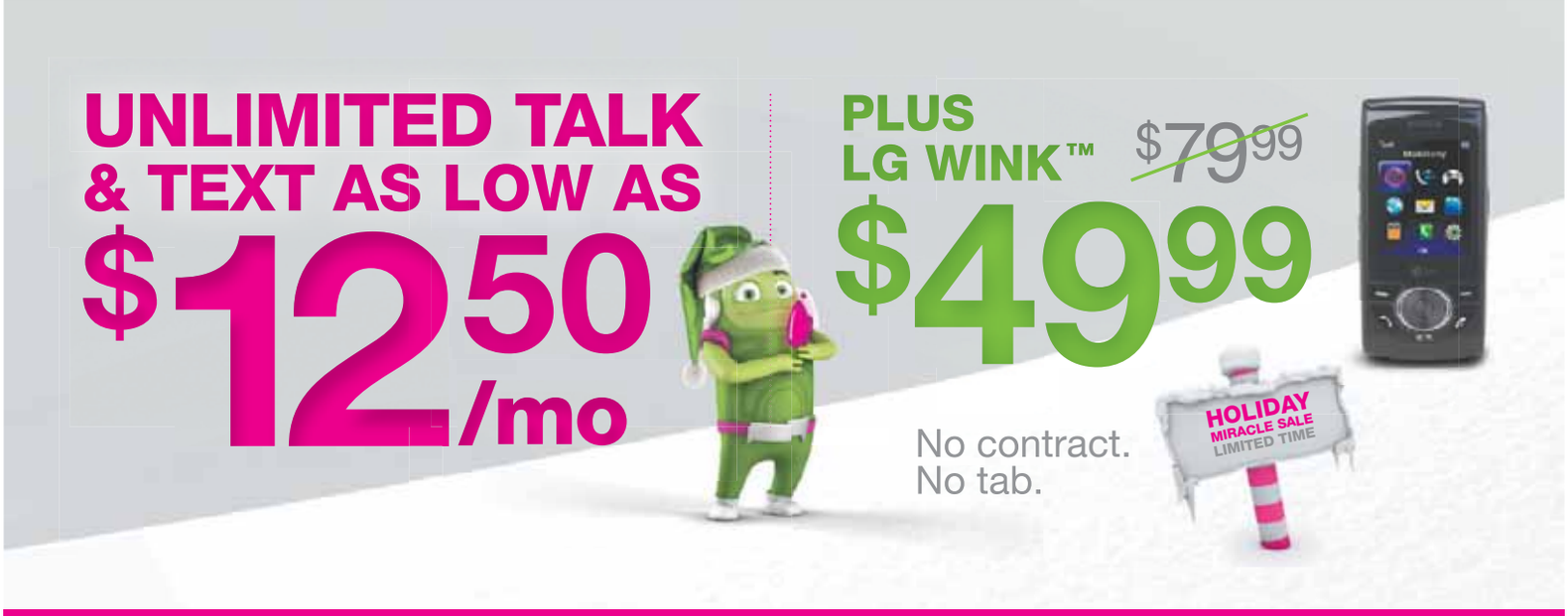
Texas gets a sprinkling of snow

The National Weather Service indicated that Odessa had received a little more than six centimetres of snow, but that other parts of the area received more.

300 A team at the University of California at Berkeley discovered two gigantic black holes in clusters of galaxies 300 million light years away.

Hole lotta nothin'

Scientists have found the biggest black holes known to exist — each one 10 billion times the size of our sun. The previous black-hole record-holder is as large as six billion suns. THE ASSOCIATED PRESS



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U.S. rethinks visa plan

Secretary of State orders review of popular exchange program after officials find workers were exploited by mafia, businesses Reforms being considered

J-1 controversy

- **The State Department has** made several changes last year after it uncovered widespread abuses, including living and working conditions that some participants compared to indentured servitude.
- **In one of the worst cases,** a woman said she was beaten, raped and forced to work as a stripper in Detroit after being promised a job as a waitress in Virginia.
- **In August, dozens of** workers protested conditions at a candy factory that packs Hershey chocolates in Pennsylvania, complaining of hard physical labour and pay deductions for rent that often left them with little money.

U.S. Secretary of State Hillary Clinton has ordered an "extensive and thorough review" of a foreign-exchange program that has been used by U.S. businesses as a source of cheap labour and exploited by criminals to import women to work in the sex industry.

In the latest debacle for the J-1 Summer Work Travel visa, a federal indictment unsealed last week accuses the mafia of using the cultural exchange program to bring Eastern European women to work in New York strip clubs.

The U.S. House Judiciary Committee's immigration subcommittee also has been gathering information on the J-1 visa, which was created in 1963 to allow college students from other countries to spend their summer breaks living, working and travelling in the U.S.

As the program has grown to facilitate more than 100,000 exchanges annually, it has become as much about money as cultural understanding.

A State Department spokesman, who spoke anonymously, said Clinton "has called for an extensive and thorough review of the program."

"We continue to be committed to working to strengthen the Summer Work Travel Program to safeguard the health and welfare of the participants," the official said in an email late Friday. "We have already instituted one set of reforms and are working toward additional ones that take additional measures to protect participants and prioritize the original cultural intent of the program."

The New York case was made public just days after the State Department opened a period of public comment on proposed changes that would require companies that sponsor the participants to gather more information about employment and living arrangements.

The reforms being considered by the State Department would limit and refine the types of jobs students can have, expand the list of prohibited employment categories and strengthen the cultural aspects of the program.

THE ASSOCIATED PRESS

Russia. Protest

▶ Police officers detain an opposition activist during a protest against vote rigging in St. Petersburg, Russia, yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Election outrages Russians

Thousands of protesters hit the streets last night and accused Prime Minister Vladimir Putin's party of rigging this weekend's parliamentary election in which it won the largest share of the seats, but its popularity fell.

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News in brief

2011's word of the year is...

CAN YOU USE IT IN A SENTENCE? You may not have heard the word before now but according to Dictionary.com, tergiversate (TUR-ji-ver-seyt) is the word of the year. Tergiversate means "to change repeatedly one's attitude or opinions with respect to a cause or subject." **THE CANADIAN PRESS**

Bottle braves the Atlantic

GLASS PASSAGE. A 10-year-old upstate New York boy's message in a bottle dropped in the Atlantic as part of a school project has been retrieved across the ocean in the Azores.

Curtis Kipple of Adams Basin, west of Rochester, wrote a letter in March along with his fellow fourth graders. The bottles were dropped into the Gulf Stream, 30 miles off shore, by a fisherman from North Carolina's Outer Banks.

The Democrat and Chronicle of Rochester reports that the school received a return email this week from a tiny fishing village on the Azores archipelago off Portugal. **THE ASSOCIATED PRESS**

Search upsets senior citizen

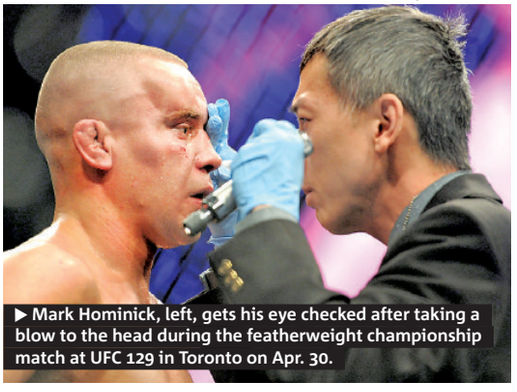
TROUSER DOWNER. A second senior citizen is claiming the Transportation Security Administration made her pull down her pants during a search at New York's Kennedy Airport.

Eighty-eight-year-old Ruth Sherman of Sunrise, Fla., tells WCBS television in New York that agents were suspicious of her colostomy bag. **THE ASSOCIATED PRESS**

Fists up over UFC event

Toronto city councillor says anti-bullying rally fronted by mixed martial artists will send 'a good message'

NATHAN DENETTE/THE CANADIAN PRESS



▶ Mark Hominick, left, gets his eye checked after taking a blow to the head during the featherweight championship match at UFC 129 in Toronto on Apr. 30.

The mixed-martial-arts fighters of the popular UFC are the ideal ambassadors to deliver anti-bullying messages to the youth of Toronto, a controversial city councillor said yesterday.

Doug Ford, brother to the city's firebrand mayor Rob, defended his support yesterday of an anti-bullying event sponsored by the city's police service and the Ultimate Fighting Championship, the world's largest mixed-martial-arts promoter.

A weekend report in the Toronto Star suggested the rookie councillor was pushing for an ongoing partnership between the city's school boards and the UFC.

The report angered some school trustees, who considered Ford's endorsement irresponsible at a time when teen suicides were grabbing headlines and anti-bullying initiatives were under discussion in at least two provincial legislatures.

Ford, however, insisted yesterday that he did nothing more than offer a one-time endorsement for a one-off event.

"A lot of these kids, their idols are athletes, be it in football, or a hockey athlete, or a UFC athlete," Ford said in a telephone interview. "If we can get the message through some of their idols, I think it's a good message."

The public event today at Toronto's Rogers Centre will feature speeches from four UFC stars. **THE CANADIAN PRESS**

Ultimate facts

History of violence.

- A combat sport that debuted in 1993 with virtually no rules other than no biting or eye-gouging, mixed martial arts now has a unified set of rules and is sanctioned in most jurisdictions by the same athletic bodies that govern boxing.
- UFC fighters train in a variety of styles, from boxing and wrestling to jiu-jitsu.

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Actress suing over nude pics

Pakistani actress Veena Malik is suing an Indian men's magazine over 'doctored' nude photos

Pakistani actress Veena Malik is suing a popular Indian men's magazine for millions of dollars, accusing it of publishing photos she says were doctored to make her appear nude, her lawyer said yesterday.

Malik's racy images in the December issue of FHM India has triggered a fury across her conservative Islamic country, with one cleric calling them a "shame for all Muslims."

The photo essay appears to make light of the military rivalry between India and Pakistan, nuclear-armed neighbours who have fought three wars.

In the cover photo, Malik is shown wearing no clothing, but with her arms and legs discreetly positioned to keep her covered. She has the letters ISI stencilled on her arm, representing Pakistan's powerful spy agency, the Inter-Services Intelligence agency.

In a second photo, she is lying on a camouflage military helmet and in a third she is wearing what appears to be a green ammunition belt and pretending to pull the pin out of a grenade with her teeth. She appears to be topless in those images.

THE ASSOCIATED PRESS

AIJAZ RAH/THE ASSOCIATED PRESS

▶ A copy of FHM India featuring Pakistani actress Veena Malik on the cover.

WikiLeaks. Extradition

▶ Julian Assange, the founder of the whistle-blowing WikiLeaks, leaves the High Court after winning the right to petition the U.K. Supreme Court to review his extradition to Sweden.

OLI SCARFF/GETTY IMAGES

Assange granted reprieve

WikiLeaks founder Julian Assange was granted permission by judges yesterday to continue his legal battle to avoid extradition to Sweden over sex-crime allegations — but was warned that his chances of success are slim. The decision means Assange won't face immediate deportation, and is likely to spend a second Christmas living under curfew in England.

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Income inequality rising: Report

Economic growth doesn't trickle down to the poorest, OECD finds

Governments need to do more to address a growing gap between rich and poor in Canada and around the world by fostering more and better jobs and even considering raising taxes, a global economic think-tank says in a new report.

Among its findings, the Organization for Economic Co-operation and Development reported that the average income of the top 10 per cent of Canadian earners in 2008 was $103,500 — 10 times that of the bottom 10 per cent at $10,260.

The ratio for Canada in the early 1990s was about eight to one.

While the OECD study reaches only to 2008 — just as the recession kicked in around the globe — that kind of income inequality has been at the heart of the Occupy Wall Street protests across the U.S. and Canada.

The report found the gap between rich and poor in its member countries had reached the highest level in more than 30 years in 2008, with the average income of the richest 10 per cent now about nine times that of the poorest 10 per cent.

"Greater inequality does not foster social mobility," OECD secretary general Angel Gurria said in the release of the report.

THE CANADIAN PRESS

Canada's record

- **Finance Minister Jim Flaherty defended the government's record on job creation.** "The OECD and the IMF say that Canada's economic growth, job creation will be the best going forward. That's how you address inequality," he told Parliament.
- **However, NDP Finance critic Peter Julian said the government was not doing enough.** "We have government that attacks the whole issue of economic policy in a one-dimensional frame, and that is cutting taxes for Canada's biggest companies," Julian said.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty speaks during question period in the House of Commons in Ottawa yesterday.

Canadian airline traffic up in November

Three of Canada's largest airlines reported strong passenger traffic in November.

Air Canada says system traffic was up three per cent from November 2010. WestJet reported its traffic increased 4.4 per cent year over year. Porter Airlines reported record November load factor of 65.9 per cent.

THE CANADIAN PRESS

Manufacturers looking to hire next year

Half of Canadian manufacturers surveyed in a poll say they're looking to hire next year, but they expect to face trouble finding workers with the right expertise.

A third-quarter report by PwC says a flurry of activity in the Canadian mining, energy and aerospace industries is creating demand — but employers say there's a lack of skilled workers. THE CANADIAN PRESS

RIM fires executives charged on flight

Two top BlackBerry executives who got so drunk on an Air Canada flight that it had to be diverted to Vancouver last week are no longer employed at Research In Motion, the company said yesterday. George Campbell and Paul Alexander Wilson have pleaded guilty to one charge of mischief. TORSTAR NEWS SERVICE

RIM's image could suffer after incident

The head of Research In Motion's operations in Indonesia could face charges related to a stampede at a recent promotional sale where dozens of consumers were injured, another incident that could tarnish RIM's brand.

Canadian Andrew Cobham was among four suspects who is facing possible charges of negligence leading to injury, Jakarta police spokesman Col. Baharudin Djafar said yesterday.

The crime carries a maximum penalty of nine months in prison.

Dozens were injured and several people fainted at the Nov. 25 debut of RIM's BlackBerry Bold 9790 in Jakarta.

There were reports that 5,000 people attended, drawn by a 50 per cent discount to the first 1,000 shoppers.

Research In Motion said it sincerely regrets that some customers were injured and others experienced frustration and upset.

"RIM is actively co-operating with the authorities who are investigating this incident," RIM said in a statement.

Indonesia has experienced a tech frenzy in recent years, and RIM has benefited from the growth and the popularity of its BlackBerry Messenger service. With six million users, BlackBerry is more popular in Indonesia than smartphones from other makers.

THE CANADIAN PRESS

TATAN SYUFLANA/THE ASSOCIATED PRESS

▶ Indonesians rush to the lineup to buy the new BlackBerry Bold 9790 at a shopping mall in Jakarta last Friday.

Market moment

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A CONSUMMATE DATER'S HOLIDAY GIFT GUIDE

SHE SAYS ...

JESSICA NAPIER
METRO

We all know the holidays aren't really about the gifts; they're about togetherness and a little bit of gluttony. But, even though presents aren't mandatory, you still might want to indulge that special someone in your life. However, the last thing you want is to appear cheap or inappropriately extravagant in front of a new (or new-ish) beau.

And, sure, it really is the thought that counts — but you certainly don't want your new mate thinking, "Oh, you got me a new watch? Gee, I didn't think we were there yet."

Whether you're just getting to know each other, happily dating or settling down, the different stages in a relationship warrant various types of festive indulgences. If you're not sure on the proper present etiquette for your particular dating scenario, here are some appropriate gift ideas that will ensure your budding relationship lasts into the new year.

Just met: Dating for less than a month

You've been on a couple of dates and, hey, maybe this is going somewhere, but you're still not all that sure. You haven't even had "the talk" and now you're pressured into an awkward gift-giving situation. Don't panic. Avoid going over the top and stick with small tokens, edibles or the ultimate icebreaker — alcohol.

"... chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances."

Brand new beaus: One to four months

Ah, yes, new-relationship bliss; you're getting to know one another but haven't yet figured out each other's flaws. In the honeymoon phase, you'll be tempted to go all out on a gift, but it's probably still too soon to spoil your partner with something lavish. Show your new sweetheart you're smitten (without breaking the bank) with a sexy new scent or tickets to a show or sporting event.

Getting serious: Four months to a year

Now that you're settling down, you'll want to start making some memories together. Skip the tangible gifts and take your relationship on the road for a much-needed romantic getaway after all the meet-the-parents holiday stress.

Committed coupledom: A year or more

OK, now you can give in to your urges on those big-ticket items without feeling like maybe it's a bit too much. Go ahead and splurge on jewelry, electronics and other unrestrained gifts that say, "We're in a committed relationship."

In it for the long haul: Married

You don't need any help here — chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

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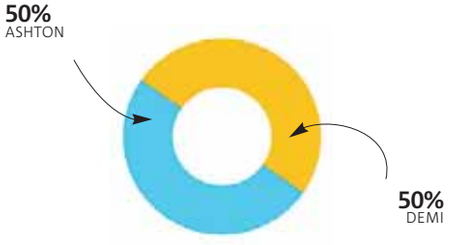
Who's the more eligible bachelor(ette), Ashton or Demi?



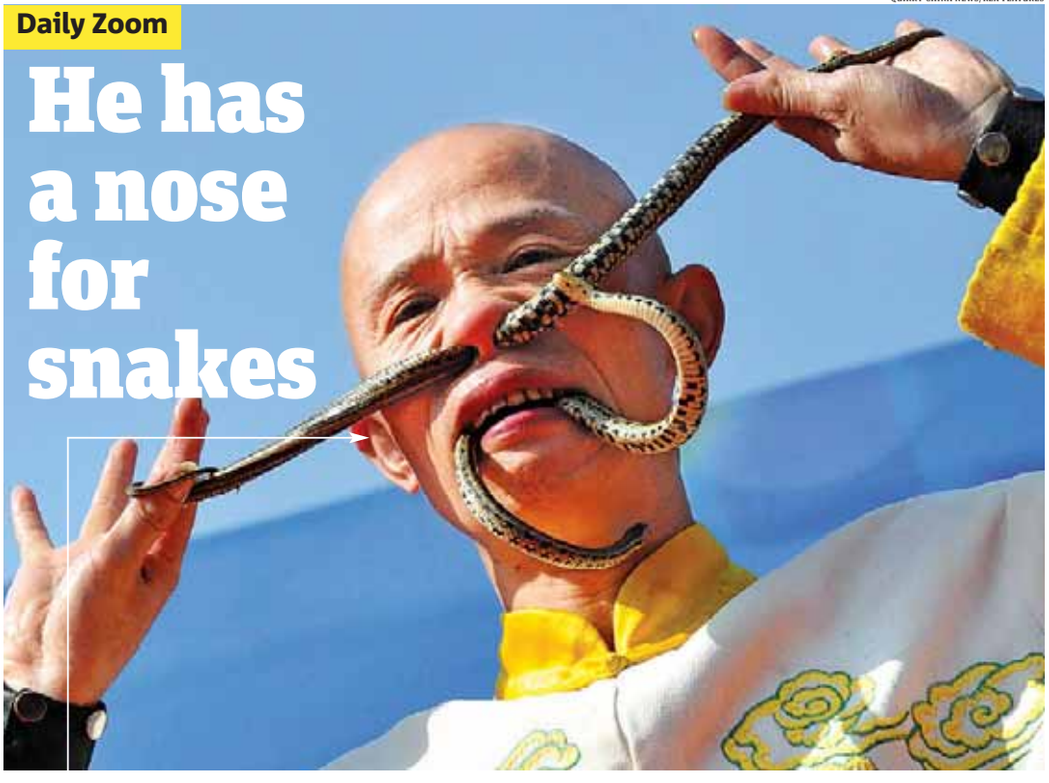
Local tweets

- **@Karen Jerome:** #Ikea is giving away #free Christmas trees! Start the car, start the car!
- **@chp97:** I am not looking forward to all the traffic upsets the new #ottawa #Ikea is going to bring to my neighbourhood.
- **@MabsudGigglesTm:** Ottawa is such a small town, its like everyone knows each other, and if you don't, at least one of your friends does.
- **@NHL_Sens:** Correctly guess how many saves @CraigAnderson41 will make tonight to be entered into the random draw for #Sens - Caps tix & use #SensBigSave
- **@patrickdigby:** @NHL_Sens The lightning are pretty quick and good shooters, but I'm thinking Andy will stop 29 tonight! #SensBigSave
- **@thatMikeguyOtt:** #SensBigSave Craig Anderson is gonna save 32 shots tonight en route to a W over TBay. Go @NHL_Sens Go beat the trap.
- **@rakerman:** Dear everyone in advance for the Ottawa LRT escalators: stand on the RIGHT. You seem really unclear on this at Rideau Centre.

QUIRKY CHINA NEWS/REX FEATURES

Daily Zoom

He has a nose for snakes



Serpents invade man's orifices

NANNING, CHINA. This performance artist has certainly poked his nose into some slithery business. Liu Fei threads two snakes from both nostrils and out of his mouth at Nanning Zoo in Guangxi province, south China.

DLUOGS/FLICKR

Another artist, Liu Xin, performed a headstand on top of a nail.

METRO WORLD NEWS

Snakeman Liu

- **Adept at handling snakes.** Liu Fei, 40, is nicknamed Snake King Asia.
- **Several snakes at once.** He can handle up to three three-foot-long cauliflower snakes.
- **During a TV show** Liu managed to let a foot-long snake crawl through his nose and mouth.

9

Nine snakes in a human mouth is the Guinness World Record. It was set in Texas in 2003 by Jackie Biddy. He gathered the bunch of snakes by their rattles and put the tails into his mouth and held still for 10 seconds.

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A real, honest comedy

The Sitter director David Gordon Green talks about working with Jonah Hill on his latest comedy Says that Hill doesn't hold back what he's feeling and that makes for great laughs

STEVE GOW
SCENE@METRONEWS.CA

HANDOUT

In The Sitter, Jonah Hill plays a terrible babysitter who takes his charges out on a night filled with drugs, bar fights and exploding toilets.

Jonah Hill is an unlikely star. After rising to fame in Superbad and co-starring alongside Brad Pitt in the acclaimed drama Moneyball, the private actor is now taking charge in his own comedy The Sitter.

"What I love about him is he's real," said director David Gordon Green recently from Austin, Texas. "He doesn't hide his feelings. "He tells you what he thinks without a lot of fake smiles and it comes across as an actor too. It comes across in a vehicle like The Sitter as real funny."

Having made big-screen comedies like Pineapple Express and this year's Your Highness, Green knows funny.

But the award-winning filmmaker also knows honesty.

After all, his career in cinema began with acclaimed dramas like All the Real Girls.

It's an interesting career twist for the director now behind this Friday's release about a terrible babysitter who takes his charges out on a wild night involving drugs, bar fights and exploding toilets.

"I had exercised at the level of exhaustion a lot of my personal emotion in my movies so it got really heartbreaking because no one would go see them," said Green of his move into more mainstream comedy.

"I was just kind of looking at my career thinking I'm making stuff for myself and I'd like the experience of making stuff that people would go see," he said.

In fact, disappointing returns on Your Highness almost drove Green back to serious cinema.

That is, until the subversive script for The Sitter showed up.

"When I read The Sitter, I thought it had a lot of great honesty and dimension to a comedy and could bridge two interests of mine," said Green.

"It was also the first movie anyone asked me if I wanted to make. I'd never heard those words before."

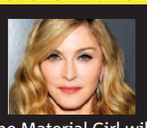
Jonah Lite

The Sitter marks Jonah Hill's last film before he dramatically dropped over 30 pounds of weight.

- "It's right toward the end of this movie that he started dieting and getting healthy," said Green. "It certainly became a really tremendous step for him to take and it's been cool to be a part of that transition."
- And Green has something to say to cynics who claim the weight loss will impact Hill's career. "It sucks that people don't give you the benefit of the doubt at first but its just something professionally – you're in the spotlight, you have to prove it to everybody."

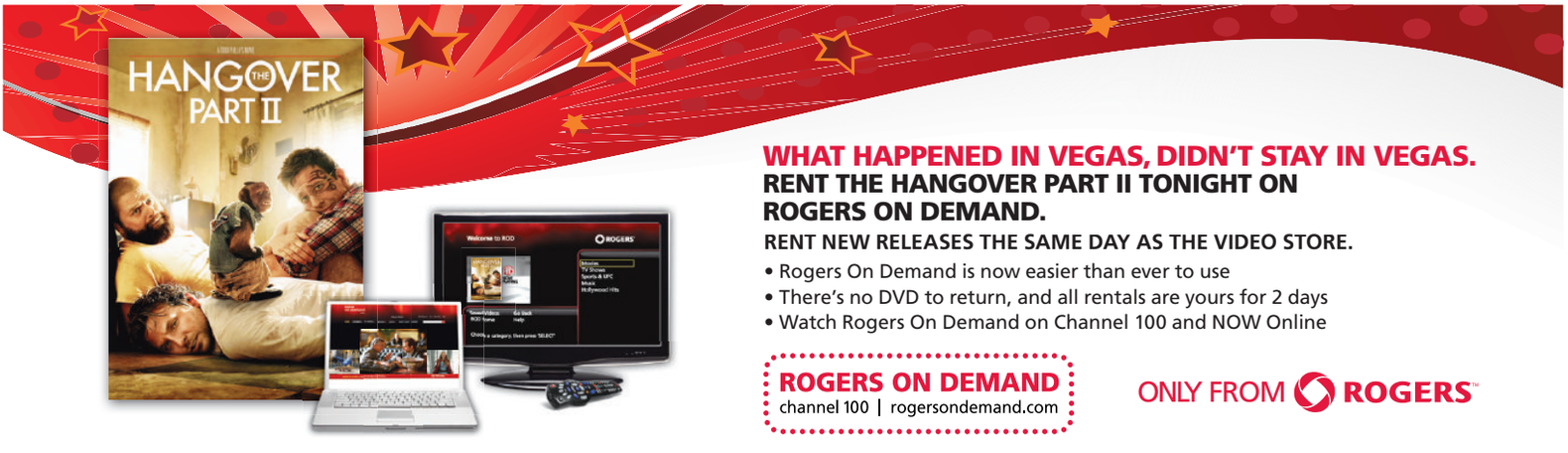
2 scene

Scene in brief



The Material Girl will be taking the stage on football's biggest night. Madonna, who has sold more than 300 million records, will perform at halftime of the Super Bowl in Indianapolis. The NFL and NBC announced Sunday during the Detroit-New Orleans game that the Grammy Award-winning singer will highlight the show at Lucas Oil Stadium on Feb. 5.
THE ASSOCIATED PRESS

The Band Perry reflects on amazing year as they return to youth-themed American Country Awards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A review, straight from the writer

Mark Breslin gives his opinion on his new book, Road Warriors and Rarities The review isn't scathing

MARK BRESLIN
SCENE@METRONEWS.CA

Asked to review my own book, I thought, "Finally…some journalistic objectivity!"

So here goes.

"Mark Breslin's new audiobook about the history of Canadian standup comedy is simply the best audiobook ever written and recorded in the history of the medium."

OK, maybe a bit over the top.

"Mark Breslin's new audiobook is a miserable and useless collection of irrelevant cuts by a writer clearly past his prime, trying to hold on to old, sad memories."

Hmmmnn… a bit rough on myself. Let me try again.

"I looked forward to Mark Breslin's new audiobook, Road Warriors and Rarities, with some anticipation. I enjoyed his last foray into the history of Canadian standup, and was grateful for the way he merged well-chosen audio tracks and personal reminiscences into a seamless blend all his own.

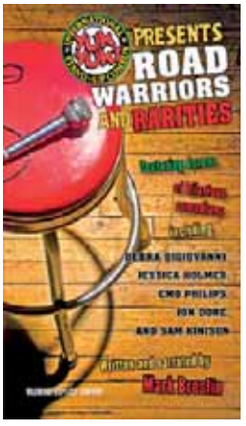
But while the earlier volume was laden with theories of how race, class and gender affect our national humour, this CD collections uses geography as its starting point and organizing motif.

There are fewer stars on this edition, but comedy fans will recognize names such as Debra DiGiovanni, Jon Dore, Sam Kinison, and many others. Perversely, Breslin even states that stars don't really hold his interest — he's fascinated by comics he thinks are every bit as good as household names, but that few people know. After listening to over 50 tracks, I wouldn't argue with him.

The CDs are arranged by section: Rarities, including the brilliant but esoteric gems Sean Keane and Sheila Gostick; Expatriates, both to the U.S. and the U.K. ; Homegrown Stars, with comics like the great Red Green, Maggie Casella, and The Frantics; and Road Warriors, a set of the newer, stars-of-tomorrow, with Mark DeBonis, Mark Little and Terry Clement being standouts.

Breslin introduces each comic with an appreciation of their work, and his insights are keen and personal, except for the last disc where I found them a bit rushed and forced.

All in all, definitely worth a listen, especially on a long drive, or a perfect holiday gift for the lover of comedy in your life."



"Breslin introduces each comic with an appreciation of their work and his insights are keen and personal."
MARK BRESLIN ON HIS OWN BOOK

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Housewives more gloom than glamour?

Report alleges Beverly Hills Housewife Kim Richards enters rehab

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

I always thought the "point" of the Real Housewives franchise was to show us, the common people, how glamorous and lovely it is being stinking rich.

But The Real Housewives of Beverly Hills just makes me grateful for my overdrawn MasterCard.

As you may remember, four months ago, cast member Taylor Armstrong's husband killed himself, reportedly over financial problems.

ALL PHOTOS GETTY IMAGES

▶ Kim Richards

Now, Entertainment Tonight is reporting that cast member Kim Richards is in rehab. In previous episodes of the show, Richards admitted to taking anti-anxiety and anti-depressant medications, as well as an anti-seizure medication that can be used to treat alcoholism (meaning: Richards isn't a person who just has one too many glasses of wine at dinner; she's probably hiding hooch around the house).

It's sad. Everything about this show is sad. And maybe everyone on this show would be happier and healthier if they stopped trying to impress the Joneses and downgraded their materialistic lives into something a little more manageable and normal. Sometimes you just have to blow dry your own hair and vacuum your own floors, you know?

Beyoncé has got plenty of protection

Beyoncé isn't bothered by rumours that have circulated since she announced her pregnancy — including talk that she's been wearing a fake pregnancy stomach while a surrogate secretly carries her child.

Beyoncé

"You know, there are certain things that are so far, it doesn't even affect me," she tells Katie Couric in an interview.

"I'm cool. It doesn't bother me." However, the same can't be said for her family.

"My mom is like, 'Nobody's talking about my grandbaby! My grandbaby's not even here yet!'" Beyoncé says. "I was like 'Calm down, mom! It's OK!' My mom and sister are so protective."

METRO

Biel dug the belly

For Jessica Biel, pregnancy would be a blast — if her role in New Year's Eve is any indication.

In the ensemble romantic comedy, Biel plays an expectant mother, and playing with extra padding took a lot of pressure off the actress.

"It was so good! I had a (pregnant belly) suit on ... and I had the biggest boobs," the actress tells British talk show host Graham Norton.

"I ate whatever I wanted — it was great!"

METRO

▶ Jessica Biel

Celebrity tweets

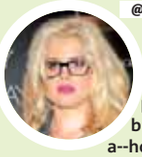
Meeting after meeting after meeting today. In desperate need of jacuzzi

@PSchwarzenegger

@Colin_Hanks

The city of Hollywood has the sleaziest collection of car washes. Not all of the greater LA area mind you. Just the city itself.

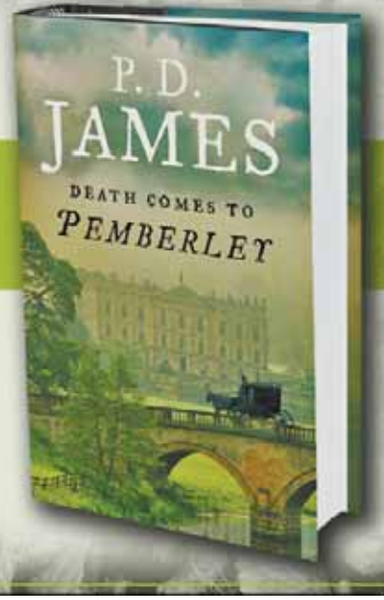
@MissKelly0



ahhhh i hate some of the people in my building some a--hole just put my clothes in the dryer and ruined all my new clothes! i want to cry!

"P. D. James takes *Pride and Prejudice* to places it never dreamed of..."
–London Evening Standard

P.D. JAMES



"In a stroke of genius, she has combined our love of Jane Austen and a good murder story in her new novel."
—Daily Mail

DEATH COMES TO PEMBERLEY

"As good as anything P. D. James has written and that is very high praise indeed."
—Sunday Express

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3 life

A new study shows

Yaeba teeth: Cute or...?

Gap teeth are so last year; cosmetic dentists in Japan are now being flooded with requests for crooked teeth. Move over Lara Stone and let Kirsten Dunst take centre stage. Why did we bother spending our teenage years with metal braces digging into our gums if crooked was cool all along? METRO

Sleep pattern consistency key to conquering Sunday night insomnia

Dig your own grave by shovelling snow

Study shows once again danger associated with clearing the drive

CELIA MILNE
LIFE@METRONEWS.CA

Shovelling: It's not for the faint of heart.

When the next snow storm hits, think twice about grabbing that shovel to clear the walk.

Especially if you are male, inactive, have a weak heart, and smoke.

In a recent study, researchers at Queen's University in Kingston, Ont., looked back over the medical records of 500 people with heart problems who arrived in the winter-time at Kingston General Hospital (KGH) Emergency room. The team found that 35 (seven per cent) of these patients had noticed their first symptoms while shovelling snow.

It may not sound like a huge percentage, but in medicine it is very significant, says Dr. Adrian Baranchuk, associate professor of medicine at Queen's University and a cardiologist at KGH, lead author of the study.

He guesses there are plenty more people who didn't mention they were shovelling snow when their symptoms started. Of the 35 who developed problems while shovelling, 31 were male.

"The group at highest risk is men with family history of heart attacks or cardiovascular disease," says Baranchuk.

"You're also in the highest-risk group if you have coronary artery disease and you smoke."

If you're a woman and you have no family history of coronary artery disease, you are at low risk, he adds. An earlier Harvard University newsletter describes how problems develop.

Sudden physical exertion, such as shovelling, can put a big strain on the heart and make blood more likely to clot.

When a clot forms inside a coronary artery, it can block blood flow to part of the heart.

Deprived of their supply of oxygen and nutrients, heart muscle cells begin to shut down, and then die.

This is a heart attack by definition.

The Queen's University study was published in the journal Clinical Research in Cardiology.

ISTOCK PHOTOS

▶ Have you checked the risks? The season, it may be time to invest in that snowblower.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The checklist that can save your life We've all heard medical horror stories: the Ontario doctor who operated on a patient for a blood clot, drilling a nickel-sized hole into the right side of the patient's skull – yet the clot was on the left side.

Then there are the stories about medical staff leaving surgical gauze and other items inside patients.

As writer Camilla Cornell found out for her story in the December issue of Best Health, out of the estimated two million surgeries performed in Canada each year, there are complications in 11 per cent of those, resulting in pneumonia, stroke and kidney failure, among others.

But a potent new tool has recently emerged in the fight to keep a lid on surgical complications.

It isn't an innovative new drug or an expensive piece of equipment. It's a simple, low-cost procedure developed by the World Health Organization, and it's surprisingly effective.

The Surgical Safety Checklist requires everyone on the surgical team to double-check 19 different items before and after surgery; examples include whether antibiotics have been administered at the correct time prior to surgery (important in preventing infection) and whether the area for surgery has been marked on the patient's body.

Seems pretty logical that these steps would be taken without a list, but according to one of our medical sources, including the steps on a checklist is important because the complexity of medical care today increases the potential for human error.

And the checklist seems effective: In hospitals around the world that use it, one study found that complications from surgery dropped by about one third, and the in-hospital death rate dropped by an astounding 40 per cent.

The Surgical Safety Checklist became a required operational practice in Canada this year, but that doesn't mean all hospitals and all doctors are actually using it, according to our sources.

To get advice for what you can do if you or someone you love is getting surgery soon, check out the December issue of Best Health on newsstands now.

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

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ANTI-OXIDANTS AND YOUR ORAL HEALTH

Looking after your oral health definitely does require good brushing and flossing habits as well as regular visits to your dentist. However, if you do not take care of yourself by **maintaining a healthy diet,** brushing, flossing and your dentist may only delay the inevitable major restoration your mouth may require some day.

A **good diet is vital** to prevent such harmful conditions as periodontitis. In particular, foods that are high in **anti-oxidants** may help improve your periodontal health. To understand how anti-oxidants can help, you must first understand what they are up against.

Our bodies are constantly being exposed to dangerous **free radicals.** These **free radicals are toxins** that damage our bodies at the most basic cellular and DNA levels. Left unchecked, they can contribute to such chronic conditions as periodontitis, heart and lung disease and diabetes.

Sources of free radicals include cigarettes, sunlight, stress, pollution, certain medications, food additives and household cleaners, just to name a few. As you can see from this list, it is virtually impossible to avoid the sources of dangerous free radicals.

However, **anti-oxidants help protect our cells by combating the effects of these free radicals.** One of the benefits anti-oxidants provide is their ability to improve the health of patients suffering from periodontitis.

Dr. Bao Nguyen
Dental Surgeon

People with periodontitis usually experience swelling of the gums, pockets between the teeth and connective gum tissue of 5 millimetres or more, and bleeding of the gums. **Increased levels of anti-oxidants have been found to reduce swelling and pocket depth while virtually eliminating bleeding.** In other words, combined with improved oral health care practices, anti-oxidants can have a dramatic affect on reducing periodontitis.

This begs the question then as to how one can increase the level of anti-oxidants in the body. While there can be a number of sources, the best way would be to **increase the amount of fresh fruit and vegetables you consume.** Many people may also require appropriate **vitamin supplements** to attain optimal levels.

Of course, many of you will have heard reports about the anti-oxidant benefits of red wine and dark chocolate! While we certainly would not advocate against some indulgence in these areas, it is quite apparent that overall health would be better served by looking for anti-oxidants in other sources!

Once again, the moral of the story is that there is a strong link between your oral health and your nutrition. Talk to your dentist if you have any questions in this regard. We can be found at www.rideaudental.ca and would be happy to help.

In the meantime, increase those fruits and vegetables in your diet. Because increasing your level of anti-oxidants is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

THE CANADIAN PRESS H/O

Blueberry Mascarpone Semifreddo

Preparation:

1. Cut vanilla bean in half; scrape out seeds. In saucepan, heat milk and vanilla seeds over medium heat until steaming.
2. In heatproof bowl, whisk egg yolks and sugar until creamy. Pour milk into egg mix, whisking until thickened. Let cool. In blender, purée 250 ml (1 cup) of the wild blueberries; set aside.
3. Using electric mixer, beat mascarpone until creamy and smooth. Beat in egg mix until combined and lightened. Fold in blueberry puree, remaining blueberries and chocolate. Pour into a small loaf pan lined with plastic wrap and freeze for 4 hours or until firm.
4. Turn loaf onto serving platter and remove plastic wrap. Cut in 2.5-cm (1-inch) slices and garnish with mint, pistachios, blueberries,

THE CANADIAN PRESS/WILD BLUEBERRY ASSOCIATION

Ingredients:

- 1 vanilla bean
- 125 ml (1/2 cup) milk
- 3 egg yolks
- 75 ml (5 tbsp) granulated sugar
- 625 ml (2 1/2 cups) frozen blueberries
- 250 ml (1 cup) mascarpone
- 30 g (1 oz) bittersweet chocolate, chopped
- 10 ml (2 tsp) chopped shelled pistachios, frozen wild blueberries, mint leaves for garnish

Stylish take on a taste of Asia

Thi Fusion offers dishes like Lemon Grass Chicken & Thai Curry Chicken

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Thi Fusion is a gem for just before a movie since it's across the walkway from the Kanata AMC movie theatre.

Seated at a table beside the aquarium, which casts a calming blue glow on our table, we were entertained by the clown fish, sea urchin and anemone while waiting for our orders.

At lunch, many items are $10 and the portions aren't skimpy. I ordered the Lemon Grass Chicken. Though one friend at the table finds lemon grass tastes like Pledge, I enjoyed my mouthfuls of citrus, garlic and sesame. However, the dish could be improved with the addition of more chicken. Another at the table ordered the Thai Curry chicken. The combination of basil, coconut and curry is a magnet for me, and I've enjoyed this dish on other visits. But if you're like my friend, when you ask for it to be fired at a 10 on the heat scale, you can expect some tongue tingling. Though the service was a little slow, Thi Fusion is a stylish spot for lingering over your lunch.

SHARI GOODMAN

▶ Lemon Grass Chicken ($10).

Thi Fusion
790 Kanata Ave.
613-599-0880
Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Co-worker lunch: Yes
Price range: $
Rating: 3.5 out of 5

New heights for sweet potato soup

With the added tangy goodness of yogurt and a little zing of lime juice and zest, this soup is a hearty hit

Preparation:

1. In pot, melt butter over medium heat. Add garlic, onion and chili powder; sauté 5 mins. Add broth, sweet potatoes; bring to a boil. Reduce heat and simmer until potatoes are soft about 20 minutes.
2. Transfer to a blender. Purée until very smooth, adding some of the milk if necessary to thin. Return soup to pot, if necessary. Stir in milk and salt. Heat over medium heat, stirring until steaming, but do not let boil.
3. In a small bowl, whisk the cornstarch into 125 ml (1/2 cup) of the yogurt. Stir into soup; heat, stirring, for 1 minute. Stir in salt and season to taste with pepper. Stir lime zest and juice into remaining yogurt. Ladle the Sweet Potato soup into warmed bowls; dollop lime yogurt on top of each serving.

THE CANADIAN PRESSS/ DAIRY FARMERS OF CANADA

THE CANADIAN PRESS H/O

▶ Serves four to six.

Ingredients:

- 30 ml (2 tbsp) butter
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 7 ml (1 1/2 tsp) chili powder
- 750 ml (3 cups) reduced-sodium vegetable or chicken broth
- 1.25 l (5 cups) cubed peeled sweet potatoes (about 2 large)
- 375 ml (1 1/2 cups) milk
- 7 ml (1 1/2 tsp) cornstarch
- 175 ml (3/4 cup) plain yogurt (not fat-free)
- 1 ml (1/4 tsp) salt
- Pepper
- 5 ml (1 tsp) grated lime zest
- 30 ml (2 tbsp) freshly squeezed lime or lemon juice

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From a writer of "The Office"...

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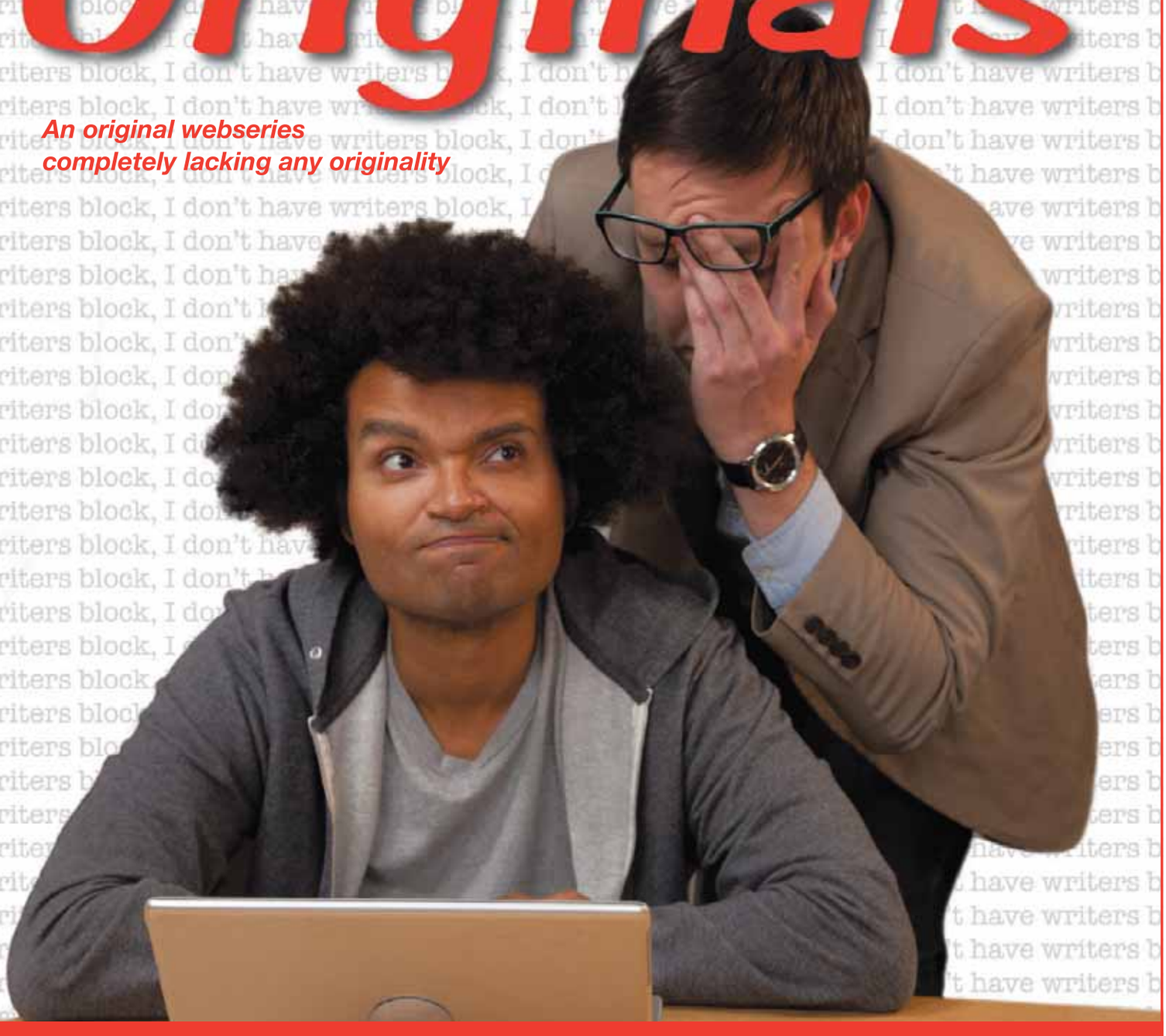


In today's episode... "What's the Deal?"

After the debacle that was their first attempt at shooting a pilot for their sitcom, Jason and Bryce get back on the horse again and Jason has a wardrobe malfunction almost as embarrassing as a certain half-time show.

New episodes post every Tuesday and Thursday. Watch at www.facebook.com/OriginalsTheSeries

Re-gift it...you know you want to

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the past, re-gifting was socially shunned. But these days it's very common because re-gifting saves money and reduces waste.

Throw that Billy Blanks Tae Bo DVD in a used gift bag and give it to your second aunt who's trying to shave off a few pounds and get fit.

According to couponcabin.com, four out of 10 North Americans have re-gifted presents.

The most commonly re-gifted items are gift cards, duplicate items, and unwanted products.

If you're going to re-gift a present, there are parameters you should follow.

Remove your name from any tags or cards and don't give it back to the same person who gifted it to you.

Refrain from re-gifting personal hygiene products like nail clippers or razors.

Ensure the present is in its original wrapping and don't recirculate something that has been blatantly used.

Try to avoid re-gifting something super sentimental, especially if it's from someone close to you that could find out.

Re-gifting is typically a result of the gift-giver trying to stretch an already limited budget.

If your list of people to buy for keeps growing, coworkers, neighbours, teachers, stop!

Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays which sets them back financially for months.

Instead, write a personalized card or host a volunteer day at the food bank. Why not barter or trade for gifts?

Sell unwanted household items on Kijiji to generate some guilt-free holiday cash.

If you feel truly obliged to buy something, keep it small; less than $10.

Make a small donation on behalf of the person you have to buy for. This is a meaningful and inexpensive way to show your generosity while spreading the holiday spirit.

"Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays, which sets them back financially for months."

Or bake treats or make ornaments that everyone can enjoy!

Re-gifting within certain parameters is a resourceful way to keep your budget in check.

ISTOCK

▶ There are rules involved to giving presents a second life. Namely, don't re-gift something that leads to this sort of face.

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

FORGOT A BIRTHDAY?

What is the correct etiquette to acknowledge an important birthday you've forgotten while you are away and travelling?

Interestingly, today I'm in Amsterdam on business and it happens to be my dear friend Wendy's birthday. In a perfect world this problem is really easy to deal with, as you send a card and/or a present ahead of time to the person, perhaps with a warning on the outside of the envelope not to be opened before the birthday date. Now let's leave the perfect world and go back to reality.

I've been more than once travelling and halfway around the world and realized it's Wendy's, Aunt Mary's or my best friend John's birthday today and I forgot. So what to do?

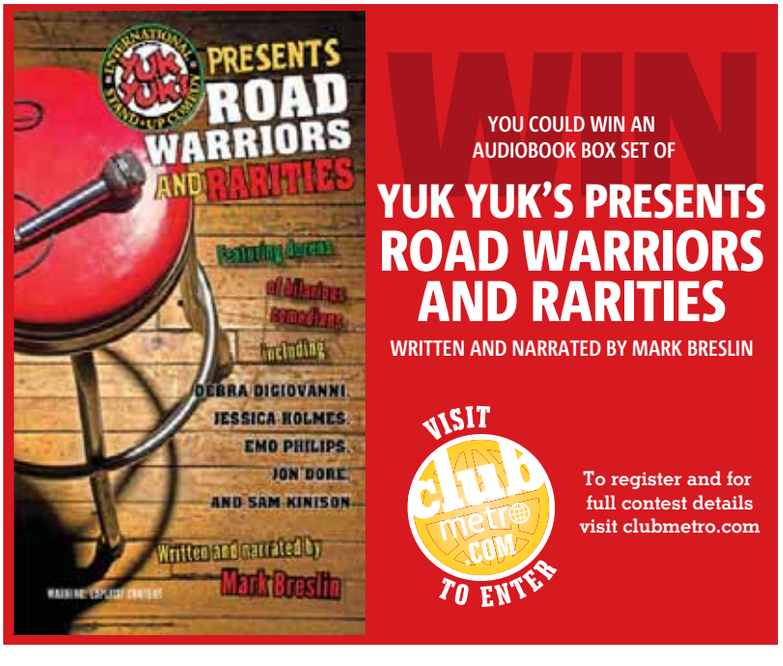
1. First, ideally call or email the person right away to acknowledge and apologise for your error. Acknowledging your error is more important than anything at that moment in time.

2. Consider bringing something back from where you are in the world.

3. Remember, if you make a promise (to take them out for dinner upon your return) this needs to be a priority as soon as you're home!

4. Lastly, just be honest. We all live very busy lives and being able to acknowledge your error and following through is the right and best thing to do!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.



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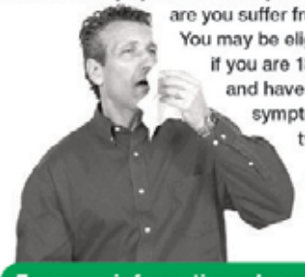
Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.



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For more information, please call Jeanne at 613-599-5700 ext. 23 or email: kanataallergy@gmail.com

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DEVELOPING CRITICAL THINKERS

TRENT LAUNCHES BBA PROGRAM AT ITS OSHAWA CAMPUS

For more than 30 years, Trent University has had a presence in Durham region and has recently launched a full Bachelor of Business Administration program at its Oshawa Thornton Road campus.

Asaf Zohar, chair of Trent's Business Administration program, explains, "We've launched, for the first time, a full BBA program. A student enrolling in first year can complete a four-year honours bachelor's of business administration degree in Oshawa and we feel that we have a very, very unique program."

So if you live in surrounding regions, you can enjoy the benefits of a Trent education at a single convenient location on the new Thornton Road campus.

In addition, your full- or part-time Oshawa tuition includes Level II membership to all city of Oshawa recreation facilities.

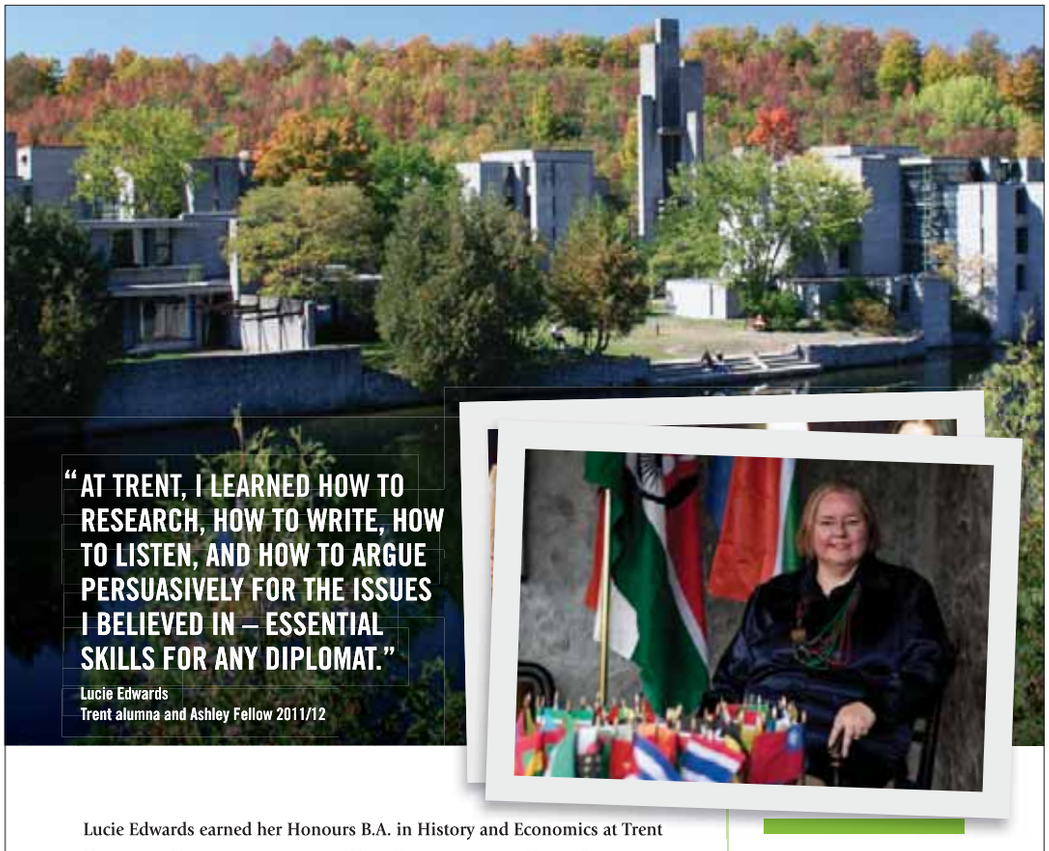
Zohar explains Trent's unique approach. "It's a program that educates young minds around business and not-for-profit leadership as well, grounded firmly in the liberal arts tradition of developing skills in critical thinking and developing creative problem-solving skills and, overall, trying to approach the issue of business administration from a very, very holistic way, in a way that we feel respects the inherent complexity of the current business environment."

Trent's Business Administration program is also big on ethical leadership, says Zohar. "The strongest characteristic is the championing of issues of corporate social responsibility leadership for a sustainable future and, in particular, focusing on creating a context where young minds can develop a strong sense of ethical responsibility and ethical leadership in these turbulent times. We think that's very, very critical."

DEGREE PROGRAMS

In addition to the new Oshawa BBA program, Trent is offering five exciting new degree programs for 2012. They include: Archaeology — BA or BSc; Bachelor of Arts and Science — BAS; Journalism — BA or BSc; Media Studies — BA; Sustainable Agriculture and Food Systems — BA or BSc.

TRENT UNIVERSITY PHOTO


"AT TRENT, I LEARNED HOW TO RESEARCH, HOW TO WRITE, HOW TO LISTEN, AND HOW TO ARGUE PERSUASIVELY FOR THE ISSUES I BELIEVED IN – ESSENTIAL SKILLS FOR ANY DIPLOMAT."
Lucie Edwards
Trent alumna and Ashley Fellow 2011/12

Lucie Edwards earned her Honours B.A. in History and Economics at Trent University. She went on to become High Commissioner to Kenya, South Africa and India. Today, she can be found working at the crossroads of science, the environment, and international development. Among the most research-intensive universities of its size in Canada, Trent is renowned for creating opportunities for students to flourish and develop as individuals and as global citizens. This made all the difference to Ms. Edwards who says, "Trent helped me develop the tools in public policy to deal with the big 21st century problems, like climate change and development."

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4 sports

Quoted

"I always thought I'd come back, I just wanted to make sure I was 100 per cent certain."

ALOUETTES QUARTERBACK ANTHONY CALVILLO, WHO ANNOUNCED YESTERDAY THAT HE WILL RETURN FOR A 15TH SEASON WITH MONTREAL. THE 39-YEAR-OLD LOS ANGELES NATIVE SAID THIS YEAR WAS THE FIRST TIME HE HAD EVER CONSIDERED RETIRING.

Scan code for more sports news.

Something fishy going on

Formerly low-budget Marlins become big players at baseball's winter meetings

JIM MCISAAC/GETTY IMAGES

▶ Jose Reyes has signed a $106-million, six-year deal with the Miami Marlins.

Jeffrey Loria watched the news conference from the second row, beaming like a proud parent as Heath Bell talked about his new love for the Miami Marlins and reuniting with Jose Reyes.

Trying to make a quick getaway, the owner was surrounded by reporters in the corridor who wanted to know who else would be migrating to South Florida: Albert Pujols, C.J. Wilson, Mark Buehrle?

Instead of trading away their stars, the Marlins have become the biggest player in the off-season market, the riches from their new ballpark a free-agent attraction.

"I want our team to be important," Loria said Monday as the winter meetings opened. "It's an energy city, and I think that's one of the things that brings the players there. They see the energy."

Bell's $27-million US, three-year contract was finalized, giving the renamed Marlins an all-star closer. Reyes' $106-million, six-year deal is a satisfactory physical from conclusion.

Pujols, who already has toured the new ballpark, would join Hanley Ramirez, Mike Stanton and Logan Morrison in the batting order — if the three-time NL MVP is willing to leave the St. Louis Cardinals, the only major league team he's played for.

"One big hitter?" Loria said out loud, his 2003 World Series ring flashing from his hand. "Well, I don't know about that, but there's a possibility of another player or two we're looking at."

Morrison, among others, was wondering.

"Just out of surgery. Everything went well," he wrote on Twitter after a minor knee operation, adding: "Have we signed Pujols yet??"

On the mound, Wilson or Buehrle could be added to a rotation that includes Josh Johnson (if healthy), Ricky Nolasco, Anibal Sanchez and Chris Volstad. While the Marlins are being aggressive, traditional big spenders such as the New York Yankees and Boston Red Sox are moving cautiously, both with free agents and in the trade market.

1.52M

The Marlins drew a major league-low 1.52 million fans to Sun Life Stadium, but hope to draw 2.5 million to three million at the new ballpark.

"It's hey, take my older, expensive, over-the-hill guy for your young, better-performing guy," Yankees general manager Brian Cashman said. "Let me think about that and get back to you, buddy."

Not that he's acting any differently with opening day four months away.

"I'm sure my ideas are as distasteful as the ones that I've received," he said.

As the four-day swap session began, the first piece of formal business was the annual meeting of the Hall of Fame Veterans Committee, which elected late Chicago Cubs third baseman Ron Santo. He'll be inducted in Cooperstown on July 22, along with any players elected by members of the Baseball Writers' Association of America on Jan. 9.

Pujols and Prince Fielder are the big bats on the market, and it remains unclear whether Pujols is willing to leave the World Series champions, where he's joined Stan Musial as a franchise icon.

"I always use the word hopeful," Cardinals chairman Bill DeWitt Jr. said. "I think it's presumptive to say that I'm optimistic because we obviously have continuing discussions and have a good dialogue going." THE ASSOCIATED PRESS

Buono gives up head-coaching duties

"Everybody dreams of exiting on top. Everybody dreams about exiting on their own merits."

WALLY BUONO

Wally Buono always hoped to go out on a high note — and now he has.

The winningest coach in CFL history is stepping away from the sidelines to concentrate on his managerial duties with the Grey Cup champion B.C. Lions. Buono was named vice-president of football operations and will retain his general manager's title.

"I think now is the perfect time," said Buono, 61, in an interview with The Canadian Press after a news conference announcing his decision yesterday at the team's practice facility. "When you look at your own usefulness, I think I've been useful in terms of climbing this club to another Grey Cup."

The announcement came just over a week after Buono guided his club to a 34-23 victory over the Winnipeg Blue Bombers in the Grey Cup. The Lions completed a miraculous worst-to-first run after starting the season 0-5.

Buono said the Lions need another voice and another face to guide them into 2012 and beyond. He does not think he can reproduce the same amount of energy the team put forth in the 2011 campaign.

"I don't I think I can get the players or the coaches to buy into it again," said Buono. "If there's another face, another voice, that in itself will be more energetic, more exciting — just a better stimulus."

Buono posted a 101-60-1 record with the Lions after joining the team as GM and coach in 2003. He led B.C. to a pair of Grey Cup wins, seven division final appearances and five first-place finishes in the West Division.

Buono has a 254-139-3 record over 22 seasons as a coach with the Lions and Calgary Stampeders. He has won five Grey Cups in that time — two with B.C. (2006, 2011) and three with Calgary (1992, 1998, 2001). THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	27	16	7	2	2	85	66	36	8-1-2-0	8-6-0-2	6-3-1-0	W2
d-Boston	24	16	7	0	1	85	51	33	10-5-0-1	6-2-0-0	9-0-0-1	W3
d-Florida	26	14	8	1	3	73	65	32	5-2-1-3	9-6-0-0	6-3-1-0	W1
NY Rangers	23	15	5	1	2	69	50	33	7-1-0-1	8-4-1-1	8-2-0-0	W5
Philadelphia	25	15	7	2	1	90	73	33	6-4-1-1	9-3-1-0	7-3-0-0	W2
Toronto	26	14	10	1	1	83	85	30	6-4-1-1	8-6-0-0	4-5-0-1	L2
Buffalo	26	14	11	0	1	72	69	29	6-8-0-1	8-3-0-0	4-5-0-1	W1
Washington	25	13	11	0	1	75	79	27	9-4-0-1	4-7-0-0	3-7-0-0	W1
Ottawa	26	12	11	2	1	79	89	27	6-4-0-1	6-7-2-0	5-3-2-0	L2
Montreal	27	11	11	2	3	67	69	27	4-5-2-2	7-6-0-1	3-4-2-1	W1
Winnipeg	26	11	11	3	1	75	82	26	7-4-0-0	4-7-3-1	6-3-1-0	W2
New Jersey	25	12	12	0	1	62	72	25	5-4-0-1	7-8-0-0	4-6-0-0	L4
Tampa Bay	25	11	12	0	2	67	80	24	7-4-0-0	4-8-0-2	3-7-0-0	L3
NY Islanders	24	8	11	3	2	52	78	21	5-6-2-0	3-5-1-2	4-4-1-1	W1
Carolina	28	8	16	2	2	66	94	20	5-9-0-2	3-7-2-0	2-8-0-0	L6

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	27	17	7	2	1	69	60	37	10-4-1-0	7-3-1-1	9-1-0-0	W4
d-Chicago	27	16	8	1	2	90	84	35	8-2-0-2	8-6-1-0	6-4-0-0	W2
d-Dallas	26	15	10	0	1	69	72	31	9-4-0-1	6-6-0-0	4-5-0-1	L1
Detroit	25	16	8	1	0	75	56	33	10-2-1-0	6-6-0-0	7-3-0-0	L1
Vancouver	26	15	10	0	1	83	67	31	7-4-0-1	8-6-0-0	7-3-0-0	W1
St. Louis	26	14	9	0	3	63	58	31	8-3-0-1	6-6-0-2	6-2-0-2	L2
Los Angeles	26	13	9	2	2	60	58	30	8-7-0-1	5-2-2-1	6-3-1-0	L1
San Jose	23	14	8	1	0	67	56	29	7-5-1-0	7-3-0-0	6-4-0-0	L1
Phoenix	25	13	9	1	2	67	62	29	7-5-1-1	6-4-0-1	5-5-0-0	L2
Edmonton	27	13	11	0	3	76	71	29	7-4-0-2	6-7-0-1	4-5-0-1	L1
Nashville	26	12	10	3	1	68	71	28	4-4-2-1	8-6-1-0	4-5-1-0	L1
Colorado	27	13	13	1	0	75	78	27	7-9-0-0	6-4-1-0	5-5-0-0	W3
Calgary	26	11	13	1	1	60	72	24	5-5-1-1	6-8-0-0	4-5-0-1	L1
Anaheim	26	7	14	2	3	60	87	19	5-9-1-0	2-5-1-3	1-7-1-1	L2
Columbus	26	7	16	0	3	62	88	17	5-7-0-1	2-9-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto at N.Y. Rangers
Boston at Pittsburgh
Tampa Bay at Ottawa
Washington at Florida
Phoenix at Chicago
Sunday's results
Vancouver 5 Calgary 1
Colorado 4 Detroit 2
Minnesota 5 Anaheim 3
Tonight's games
All Times Eastern
New Jersey at Toronto, 7 p.m.
Tampa Bay at N.Y. Islanders, 7 p.m.
Columbus at Montreal, 7:30 p.m.
Detroit at St. Louis, 8 p.m.
Phoenix at Nashville, 8 p.m.
Boston at Winnipeg, 8:30 p.m.
Carolina at Calgary, 9 p.m.
Colorado at Vancouver, 10 p.m.
Los Angeles at Anaheim, 10 p.m.
Minnesota at San Jose, 10:30 p.m.
Tomorrow's games
Washington at Ottawa, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Carolina at Edmonton, 9:30 p.m.
Thursday's games
Florida at Boston, 7 p.m.
Ottawa at New Jersey, 7 p.m.
Chicago at N.Y. Islanders, 7 p.m.
Tampa Bay at N.Y. Rangers, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Phoenix at Detroit, 7:30 p.m.
Anaheim at St. Louis, 8 p.m.
Colorado at Calgary, 9 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.

LATE SUNDAY

CANUCKS 5, FLAMES 1

First Period
1. Calgary, Tanguay 5 (Horak, Bourque) 18:34
Penalties — Glencross Cal (delay of game) 9:20, Comeau Cal (roughing) 10:03.
Second Period
2. Vancouver, Bieksa 2 (Higgins, Booth) 5:13 (pp)
3. Vancouver, Higgins 8 (Booth, Hamhuis) 19:01
Penalties — H.Sedin Vcr (hooking) 1:01, Iginla Cal (goaltender interference) 3:29, Smith Cal (holding) 10:33, Higgins Vcr (interference) 15:35.
Third Period
4. Vancouver, Booth 5 (Kesler, Higgins) 0:40
5. Vancouver, Hansen 7 (Raymond, Ballard) 1:54
6. Vancouver, D.Sedin 9 (Kesler, H.Sedin) 5:42 (pp)
Penalties — Bourque Cal (cross-checking) 5:16, Booth Vcr (goaltender interference) 7:57, Kostopoulos Cal (roughing), Stajan Cal (fighting, misconduct), Rome Vcr (cross-checking, roughing), Lapierre Vcr (fighing, misconduct) 11:00, Backlund Cal (hooking) 17:31.
Shots

Calgary	13	4	5	22
Vancouver	10	15	11	36

Goal (shots-saves) — Calgary: Karlsson (L,0-4-1) (32-27), Kiprusoff (6:39 third, 4-4); Vancouver: Luongo (W,8-6-1).
Power plays (goals-chances) — Calgary: 0-4 Vancouver: 2-6.
Referees — Dan O'Rourke, Brian Pochmara.
Linesmen — David Brisebois, Tony Sericolo.
Att. — 18,860 (18,860) at Vancouver.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	16	32
Giroux, Pha	15	17	32
Lupul, Tor	12	18	30
D.Sedin, Vcr	9	21	30
Toews, Chi	15	14	29
Nugent-Hopkins, Edm	12	17	29
Versteeg, Fla	12	16	28
Eberle, Edm	10	18	28
P.Kane, Chi	7	21	28
Stamkos, TB	16	11	27
Fleischmann, Fla	12	15	27
Vanek, Buf	12	15	27
Backstrom, Wash	9	18	27
Pominville, Buf	9	18	27
H.Sedin, Vcr	8	19	27
Sharp, Chi	13	13	26
Smyth, Edm	12	14	26
Ma.Hossa, Chi	11	15	26
Weiss, Fla	9	17	26
Neal, Pgh	14	11	25
Franzen, Det	12	13	25
Kopitar, LA	10	15	25
Selanne, Ana	9	16	25
Seguin, Bos	12	12	24
Malkin, Pgh	9	15	24
Spezza, Ott	9	15	24
Datsyuk, Det	8	16	24
Skinner, Car	11	12	23
Benn, Dal	6	17	23
Karlsson, Ott	2	21	23
Michalek, Ott	16	6	22
Vrbata, Phx	12	10	22
Hartnell, Pha	11	11	22
Perry, Ana	11	11	22
Eriksson, Dal	10	12	22
B.Richards, NYR	10	12	22
Ra.Whitney, Phx	9	13	22
Plekanec, Mtl	5	17	22
E.Kane, Wpg	14	7	21

Not including last night's games

TRANSACTIONS

MLB

AMERICAN LEAGUE

BALTIMORE—Announced that LHP Pedro Viola has cleared waivers and was sent outright to Norfolk (IL). Announced INF Pedro Florimon was claimed off waivers by Minnesota.
DETROIT—Sent 1B Ryan Strieby outright to Toledo (IL).

NATIONAL LEAGUE

COLORADO—Claimed OF Jamie Hoffman off waivers from the Los Angeles Dodgers.

NHL

MONTREAL—Assigned F Andreas Engqvist to Hamilton.
NEW JERSEY—Recalled RW Nick Palmieri from Albany (AHL).

AHL

MILWAUKEE—Named Stan Drulia assistant coach.

MLS

CHIVAS USA—Agreed to terms with D Ante Jazic.
COLORADO—Re-signed MF Brian Mullan to a multi-year contract.
NEW ENGLAND—Re-signed MF Shalrie Joseph.
NEW YORK—Signed D Connor Lade.
VANCOUVER—Re-signed G Joe Cannon and MF John Thorrington.

NFL

WEEK 13

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	9	3	0	.750	362	247
N.Y. Jets	7	5	0	.583	290	260
Buffalo	5	7	0	.417	278	304
Miami	4	8	0	.333	246	220

SOUTH

	W	L	T	Pct	PF	PA
Houston	9	3	0	.750	310	189
Tennessee	7	5	0	.583	249	229
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	12	0	.000	174	358

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	3	0	.750	296	192
Pittsburgh	9	3	0	.750	268	195
Cincinnati	7	5	0	.583	266	250
Cleveland	4	8	0	.333	175	240

WEST

	W	L	T	Pct	PF	PA
Denver	7	5	0	.583	256	292
Oakland	7	5	0	.583	274	308
Kansas City	5	7	0	.417	163	268
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	5	0	.583	283	244
N.Y. Giants	6	6	0	.500	287	315
Philadelphia	4	8	0	.333	271	282
Washington	4	8	0	.333	202	256

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	9	3	0	.750	393	269
Atlanta	7	5	0	.583	269	244
Carolina	4	8	0	.333	290	324
Tampa Bay	4	8	0	.333	218	329

NORTH

	W	L	T	Pct	PF	PA
y-Green Bay	12	0	0	1.000	420	262
Detroit	7	5	0	.583	333	277
Chicago	7	5	0	.583	291	242
Minnesota	2	10	0	.167	246	330

WEST

	W	L	T	Pct	PF	PA
y-San Francisco	10	2	0	.833	288	161
Seattle	5	7	0	.417	216	246
Arizona	5	7	0	.417	232	269
St. Louis	2	10	0	.167	140	296

y-clinched division
Last night's result
San Diego at Jacksonville
Sunday's results
Kansas City 10 Chicago 3
Houston 17 Atlanta 10
Denver 35 Minnesota 32
Carolina 38 Tampa Bay 19
Pittsburgh 35 Cincinnati 7
N.Y. Jets 34 Washington 19
Miami 34 Oakland 14
Tennessee 23 Buffalo 17
New England 31 Indianapolis 24
Baltimore 24 Cleveland 10
San Francisco 26 St. Louis 0
Arizona 19 Dallas 13 (OT)
Green Bay 38 N.Y. Giants 35
New Orleans 31 Detroit 17
Thursday's result
Seattle 31 Philadelphia 14

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	14	12	2	0	48	13	38
Manchester United	14	10	3	1	31	13	33
Tottenham	13	10	1	2	29	16	31
Chelsea	14	9	1	4	31	17	28
Arsenal	14	8	2	4	30	23	26
Newcastle	14	7	5	2	19	15	26
Liverpool	14	6	5	3	17	13	23
Stoke	14	5	3	6	14	23	18
Aston Villa	14	3	7	4	16	18	16
Everton	13	5	1	7	15	17	16
Norwich	14	4	4	6	20	26	16
QPR	14	4	4	6	15	25	16
Fulham	14	3	6	5	16	16	15
West Brom	14	4	3	7	13	21	15
Swansea	14	3	5	6	14	20	14
Wolverhampton	14	4	2	8	15	24	14
Sunderland	14	2	5	7	16	17	11
Blackburn	14	2	4	8	21	32	10
Bolton	14	3	0	11	19	34	9
Wigan	14	2	3	9	12	28	9

Yesterday's result
Fulham 1 Liverpool 0

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
Juventus	13	8	5	0	24	10	29
AC Milan	13	8	3	2	29	14	27
Udinese	13	8	3	2	16	6	27
Lazio	13	7	4	2	19	9	25
Napoli	13	5	5	3	21	13	20
Palermo	13	6	2	5	16	15	20
Cagliari	13	4	5	4	12	13	17
Roma	13	5	2	6	15	17	17
Catania	13	4	5	4	14	19	17
Fiorentina	13	4	5	4	13	11	16
Parma	13	5	1	7	15	20	16
Chievo Verona	13	4	4	5	10	16	16
x-Atalanta	13	5	6	2	16	15	15
Genoa	12	4	3	5	14	16	15
Siena	13	3	5	5	14	12	14
Inter Milan	12	4	2	6	14	18	14
Bologna	13	4	2	7	11	18	14
Novara	13	2	4	7	13	24	10
Cesena	13	2	3	8	6	15	9
Lecce	13	2	2	9	11	23	8

x-penalized six points in betting scandal
Yesterday's result
Lazio 3, Novara 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	14	12	1	1	49	10	37
Barcelona	15	10	4	1	47	7	34
Valencia	14	9	3	2	23	14	30
Levante	14	8	2	4	23	17	26
Sevilla	14	6	6	2	16	10	24
Malaga	14	7	2	5	19	19	23
Osasuna	14	5	6	3	18	26	21
Atletico Madrid	14	5	4	5	21	21	19
Athletic Bilbao	14	4	6	4	20	17	18
Espanyol	14	5	2	7	11	17	17
Rayo Vallecano	15	4	4	7	16	22	16
Granada	13	4	3	6	6	12	15
Real Sociedad	14	4	3	7	15	22	15
Mallorca	13	3	5	5	11	18	14
Villarreal	14	3	5	6	11	20	14
Getafe	14	3	4	7	14	22	13
Real Betis	14	4	1	9	13	21	13
Racing Santander	14	2	6	6	10	20	12
Sporting Gijon	14	3	3	8	12	24	12
Zaragoza	14	2	4	8	12	28	10

Yesterday's result
Sevilla 3 Getafe 0
Tomorrow's game
Mallorca at Granada (completion of abandoned game from round 12)

EUROPEAN CHAMPIONS LEAGUE

FIRST ROUND
All Times Eastern
Group E
Today's games
Chelsea vs. Valencia, 2:45 p.m.
Genk vs. Bayer Leverkusen, 2:45 p.m.
Group F
Today's games
Olympiakos vs. Arsenal, 2:45 p.m.
Borussia Dortmund vs. Marseille, 2:45 p.m.
Group G
Today's games
Porto vs. Zenit St. Petersburg, 2:45 p.m.
APOEL vs. Shakhtar Donetsk, 2:45 p.m.
Group H
Today's games
Barcelona vs. BATE Borisov, 2:45 p.m.
Viktoria Plzen vs. AC Milan, 2:45 p.m.

GOLF

PGA QUALIFYING

At La Quinta, Calif.
Par 72
Final Round
Earned PGA Tour exemptions for 2012

Brendon Todd, $50,000	71-68-69-71-68-68—415
Stephen Gangluff, $40,000	72-72-64-71-67-70—416
Bobby Gates, $32,500	67-70-68-73-73-66—417
Seung-yul Noh, $32,500	69-72-64-72-73-67—417
Tommy Biershenk, $25,833	70-70-68-73-69-68—418
Jarrod Lyle, $25,833	68-72-68-73-68-69—418
Vaughn Taylor, $25,833	65-72-69-73-70-69—418
Marco Dawson, $25,000	73-68-67-67-68-76—419
Bob Estes, $25,000	67-73-69-74-69-67—419
Brian Harman, $25,000	69-71-67-74-68-70—419
Sang-Moon Bae, $25,000	65-76-69-75-69-66—420
Kevin Kisner, $25,000	67-71-71-75-69-67—420
Charlie Beljan, $25,000	70-73-66-73-68-71—421
Roberto Castro, $25,000	71-71-68-72-70-69—421
Harris English, $25,000	68-67-72-70-70-74—421
Jeff Maggert, $25,000	66-72-72-75-66-70—421
William McGirt, $25,000	65-73-70-73-71-69—421
Will Claxton, $25,000	64-70-69-70-76-73—422
Scott Dunlap, $25,000	70-72-71-70-71-68—422
Edward Loar, $25,000	67-73-73-70-67-72—422
Greg Owen, $25,000	70-73-73-69-70-67—422
Patrick Sheehan, $25,000	73-75-70-71-66-67—422
Daniel Summerhays, $25,000	64-73-72-74-68-71—422
Mark Anderson, $25,000	66-72-74-72-70-69—423
Richard H. Lee, $25,000	72-74-66-78-65-68—423
Alexandre Rocha, $25,000	67-70-75-70-69-72—423
Nathan Green, $25,000	74-74-67-70-73-66—424
John Huh, $25,000	72-76-65-74-69-68—424
Colt Knost, $25,000	69-72-71-72-68-72—424
Failed To Earn Card	
Derek Fathauer, $5,000	69-72-71-73-67-73—425
Erik Flores, $5,000	69-75-70-76-67-68—425
Jason Gore, $5,000	73-74-69-73-69-67—425
Jim Herman, $5,000	75-70-68-76-69-67—425
Kent Jones, $5,000	68-72-68-76-71-70—425
Scott Parel, $5,000	71-72-71-70-67-74—425
Tag Ridings, $5,000	68-73-69-74-70-71—425
Ryan Yip, $5,000	**68-78-70-67-73-69—425**
Brad Fritsch, $5,000	**72-67-69-78-71-69—426**
Stuart Anderson, $5,000	**70-70-71-73-73-71—428**
Adam Hadwin	**70-69-70-76-75-73—433**
James Love	**68-74-74-77-71-72—436**
Richard T. Lee	**76-78-70-75-77-68—444**
Mitchell Gillis	**75-73-75-77-72-77—449**

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Jostling to face the juggernauts

Handful of squads in AFC and NFC undeniably legit ◐ Most of others seem destined to become playoff fodder

As the regular season begins to wind down, the NFL has its share of thoroughbreds. And its share of pretenders.

With four weeks remaining, the Packers, 49ers and Saints have separated themselves in the NFC, and perhaps in the entire league. Green Bay and San Francisco already have secured division titles, and New Orleans is almost there.

The elite of the AFC, while not quite so accomplished, are the Ravens, Steelers, Patriots and Texans.

In the middle is a muddle: all kinds of teams with all kinds of strengths — and weaknesses.

Nine teams sit at 7-5, and one (Giants) at 6-6. All are in the mix to either win their division or grab a wild-card spot.

Most, if not all of them, are not legitimate championship contenders, no matter how bravely they might talk.

Other teams really have a shot at making the post-season and doing some damage there.

The Packers seem headed for an undefeated regular season — if they decide to chase it.

Two years ago, it was New Orleans leading the charmed life. Drew Brees has an even deeper, more dangerous receiving corps and backfield than in 2009, and while the Saints also have issues on defence, they can outscore them.

Having clinched their first playoff berth since 2002, the 49ers have the kind of rugged, versatile defence that gives any team a chance.

Four AFC teams are 9-3 and, barring collapses, are headed to the post-season. New England, Baltimore and Pittsburgh are the perennials, Houston the newcomer.

THE ASSOCIATED PRESS

The pretenders

These teams may look respectable based on their spots in the standings, but they have little chance to do damage once the playoff pressure ratchets up.

Cowboys
Dallas can be dangerous in the NFC East, and also can be a flop.

Bengals
Cincinnati can't beat any of the good teams left on its schedule.

Bears
Chicago is down to a backup quarterback, and Matt Forte is hurt.

Broncos
It's difficult to see the Broncos riding deep into the playoffs.

Raiders
Oakland has huge issues on defence and with penalties.

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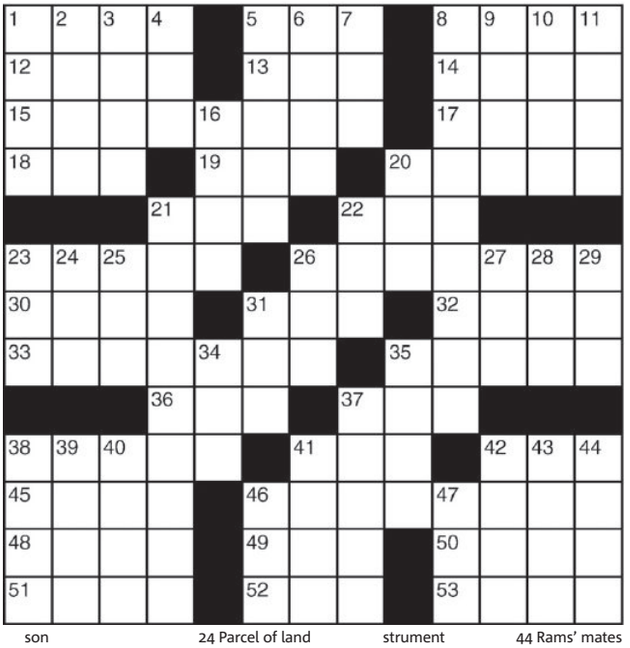
Crossword



Across

1 Weak, as an excuse
5 Thickness
8 Amble
12 Wicked
13 Tall tale
14 Press
15 "The Glass Menagerie" playwright
17 Building block name
18 Old insecticide
19 Conk out
20 Explosion
21 Moist
22 Luau bowlful
23 Lisa Marie's dad
26 Former
30 Work hard
31 Small barrel
32 Stare
33 Pursued obsessively
35 Knee counterpart
36 Salary
37 Dinner for Dobbin
38 "Hammerin' Hank"
41 Neither mate
42 That woman
45 Huff and puff
46 Sudden violent wind
48 Facility
49 High card
50 Flame
51 Rip
52 Firmament
53 Rock band's accessories

Down

1 Lascivious
2 Eager, plus
3 Vibraphonist Jackson
4 Right angle
5 Braid
6 Citrus fruit
7 "Certainly"
8 As a volunteer would
9 Vicinity
10 Yule fuel
11 Entanglement
16 Mid-month date
20 Greet the villain
21 Energetic determination
22 Boxer
23 Type squares
24 Parcel of land
25 By way of
26 Proof letters
27 Apply lightly
28 Kind of dye
29 Kitten's remark
31 Crucial
34 Neb. neighbor
35 British noble
37 Like Swiss cheese
38 Help a hood
39 Wings
40 Parks or Bonheur
41 Shaving mishap
42 Take to the pool
43 Angel's instrument
44 Rams' mates
46 Existed
47 "— picture paints a thousand words ..."

Yesterday's answer

C	A	D			B	O	W		M	A	J	A
A	L	O	T		A	I	R		I	C	O	N
V	I	E	W		A	L	E		D	E	N	T
E	A	S	E	L		Y	A	R	N			
			L	E	G		K	N	I	F	E	D
T	R	I	V	I	A	L		A	G	I	L	E
E	A	S	E		P	A	S		H	A	U	L
A	N	N	O	Y		S	E	A	T	T	L	E
S	I	T	C	O	M		A	S	H			
			L	U	A	U		K	O	O	K	Y
M	E	M	O		M	P	G		U	V	E	A
B	L	O	C		B	O	A		R	I	N	K
A	M	O	K		O	N	S			D	O	S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

		2					4	8
	7	8		5	2			
1			9					
3		7	6		9			
	5						3	
			1		5	6		7
					4			3
			7	9		2	1	
6	8					5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

2	3	1	5	4	9	6	8	7
4	5	7	8	3	6	2	9	1
6	8	9	1	2	7	3	5	4
9	6	4	7	8	2	5	1	3
8	1	3	9	6	5	4	7	2
5	7	2	4	1	3	9	6	8
3	9	8	6	7	4	1	2	5
1	2	6	3	5	8	7	4	9
7	4	5	2	9	1	8	3	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Gerard
Round-faced boy from Gerard, we have a perfectly matching eating schedule. Every time I go to eat, there you are. Not that I'm creepy or anything. Anyway, it sure is cool when we make eye contact, isn't it? You're really cute and have nice hair, and you should know you can always sit by me. :)
FROM BABY J

Thoughts of you You wanna be with? Come with? Here with? Me! Me! Me! Like your loyalty equally! Wink!Wink! Sha-wink! Tickle, giggle, wiggle, squiggly! ;)
FROM LINGERING MEMORIES

CKG
You truly are one of the most beautiful people I've met. Not just on the outside, but in your heart! This Tuesday is our last class together, but I know that it is not the end =)
FROM CCB

Today 0°/-6° Cloudy
Wednesday 0°/-6° Flurries 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

Aries March 21-April 20 Make sure you act logically and have a rational reason for everything you do.

Taurus April 21-May 21 By all means go off by yourself today and let the rest of the world take care of itself.

Gemini May 22-June 21 You will see and understand things today that others have overlooked.

Cancer June 22-July 22 You will see or hear something to your advantage today.

Leo July 23-Aug.23 You will be in a questioning frame of mind today.

Virgo Aug. 24- Sept. 22 Don't give up on something just because it is boring or does not seem to be working out the way you had hoped.

Libra Sept. 23-Oct. 23 If you stick your nose in someone else's business today you will regret it.

Scorpio Oct. 24-Nov. 22 Find ways to persuade those you live and work with to shoulder more of the everyday burden.

Sagittarius Nov. 23-Dec. 21 You set such high standards that there are bound to be times when you cannot live up to them.

Capricorn Dec. 22-Jan. 20 Information that comes your way over the next 24 hours will cause you to doubt what you were previously told by friends or work colleagues.

Aquarius Jan. 21-Feb. 18 You need to get your message across and the best way to do that is to be forceful without being aggressive.

Pisces Feb. 19-March 20. Financially and professionally you'll go far today, but don't go too far and promise things you may not be able to deliver. SALLY BROMPTON

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Caption contest

MARK BAKER/THE ASSOCIATED PRESS

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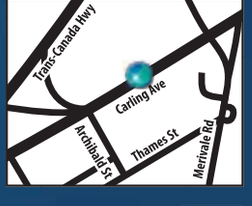

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